

# Anaerobic and Aerobic Respiration Orienteering Challenge Vocabulary



## Objective

To reinforce students' knowledge of key vocabulary linked to aerobic and anaerobic respiration.



## Equipment

- Enrich School Orienteering Map
- Orienteering control markers
- Activity Sheet



## Preparation

- The activity involves students completing several key words linked to aerobic and anaerobic respiration, and then linking each one to its definition.
- Students could do this activity in pairs or small groups.
- Provide each pair/group with a copy of the Activity Sheet and an Enrich School Orienteering Map.
- Explain how to do the activity.



## Instructions

- The Activity Sheet has several key words linked to anaerobic and aerobic respiration, each of which has some missing letters and is also linked to a control point.
- Students can use some of the letters from the marker at the control point to help complete each word.
- If they think they can complete a word without using the letters from the marker, they can still visit the control point to check the word.
- When students have completed a word, they select its definition from the table on their Activity Sheet, and write the letter that the definition is linked to next to the word.



## Other information

Answers:

- Anaerobic – Without oxygen
- Lactic Acid - A by-product of anaerobic respiration, which can cause muscle pain.
- Carbon Dioxide – A gas which is a by-product of aerobic respiration.
- Carbohydrates – Food group that provides glucose for energy which is released by aerobic respiration.
- Respiration – A chemical reaction in which living cells release energy from glucose.
- Oxygen – Used in aerobic respiration to break down food molecules and release energy.

