

A Level Physical Education

Please complete the below work in preparation for your start at Franklin this September.

This work should be brought with you to enrolment and your first day at Franklin.

If you aren't attending enrolment on site please just bring this when you first come to the college in September.

This should be completed in time for enrolment, work can be in a written or electronic format.

Any questions please contact our admissions department – admissions@franklin.ac.uk

The following tasks help to break down the report you are required to produce on the respiratory system into manageable sections. Watch the videos and use these to help you.

1. Produce a hand drawn diagram showing the main features of the lungs/respiratory system and then for each feature describe its main characteristics AND functions. Focus on role of the following nose, trachea, larynx, bronchus, bronchioles, alveoli, pulmonary capillaries, lobes, diaphragm, intercostal muscles
2. Describe the mechanics of breathing ie how the body breaths in and out. Focus here on the changes in lung volumes and pressures due to the contraction and relaxation of the different breathing muscles involved. Compare the process between rest and exercise.
3. Draw 2 labelled diagrams to show gaseous exchange at a) The lungs b) Working muscles. Use these diagrams to EXPLAIN in detail how gaseous exchange (movement of carbon dioxide and oxygen) takes place.

Resources-

<https://padlet.com/franklinsport/nq9e40h8dkdu>

Use password active888 for access to Padlet site shown above

www.brianmac.co.uk

www.teachpe.com

www.livestrong.com

Present your findings using a written report and a variety of annotated diagrams that help to describe and explain each process.

Your report should be a minimum of 500 words and should be hand written or **typed up in word/equivalent programme using key terminology that is spelt correctly**. Make sure this is presented as neatly as possible.