





## Year 8: ASK Yourself!

**Subject: Science**

**Unit 8.4: Getting the energy your body needs**

	Launching 1-2	Developing 3-4	Progressing 5-6	Mastering 7-9
 <b>S</b> skills				
	I need to explain how a physical property of part of the skeleton relates to its function.	I can partially use a diagram to predict the result of a muscle contraction or relaxation. I can partially explore how the skeletal system and muscular system in a chicken wing work together to cause movement.	I can confidently use word equations to describe aerobic and anaerobic respiration. I can confidently explain how specific activities involve aerobic or anaerobic respiration.	I can expertly describe similarities and differences between aerobic and anaerobic respiration.
 <b>K</b> knowledge				
	I need to know that the parts of the human skeleton work as a system for support, protection, movement and the production of new blood cells.	I partially know the factors that affect the force exerted by different muscles.	I confidently know that antagonistic pairs of muscles create movement when one contracts and the other relaxes. I confidently know that respiration is a series of chemical reactions, in cells, that breaks down glucose to provide energy and form new molecules.	I understand how organisms living in different conditions use respiration to get their energy.