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| **Learning outcome** | **I understand this** | **I can recall this** | **I need to revisit this** |
| I know what the controls of the heart are. Including explaining the 3/2/1/ |  |  |  |
| I know the intrinsic controls link to Starlings Law. I know what the other control of the heart that’s intrinsic is.  |  |  |  |
| I know the importance of an active cool down on recovery. |  |  |  |
| I know what the mechanisms of venous return are. I can name all of them; I know in particular the Contraction and relaxation of **smooth muscle** in the middle layer of the vein walls. |  |  |  |
| I know what the how the vascular shunt is controlled. I know what the VCC is.  |  |  |  |
| I can describe how exercise impacts on the VCC.  |  |  |  |
| I know whether breathing is active or passive. I know the changes that take place to breathing when we exercise. I can name the muscles that are linked to the respiratory system and I know what the pleural cavity is. |  |  |  |
| I know what the effect of differing intensity of exercise and recovery will have on Breathing frequency, Tidal volume, minute ventilation. |  |  |  |
| I know the regulation of breathing during exercise and different intensities. |  |  |  |
| I know how gas is exchanged internally and externally.  |  |  |  |

Weekly Task sheet 15

1. Complete question on venous return and cardiac control. (Mon)
2. Complete preparatory material on the Chili task on vascular shunt. (Tue Wed) **See AlevelPE.weebly.**
3. Complete the booklet on mechanism and dynamics answering all questions up to and including page 13 (Thur/Fri).
4. Complete notes on the gas exchange video on the website respiratory system, one on the left. Also use page 54-55 of the text book. Thur/Fri.
5. Complete notes on the Bohr Shift video for Thur/Fri lesson