



**Class:** \_\_\_\_\_

**Type Instruction:** Whole Class

**Learning Objective(s):** Students identify the importance of a personal exercise plan.

**Length of Time:** 10 Minutes

**Ignite! Movies:**

- Aerobic and Anaerobic Exercise
- Effects of Exercise

**Teacher Instructions:** Play Ignite! movies with students and complete the following activity.

**Part One:** Students complete a compare and contrast chart.

**Part Two:** Class discussion.

**Target Vocabulary/Key Terms:**

- |                           |                                |
|---------------------------|--------------------------------|
| • <i>aerobic exercise</i> | • <i>anaerobic exercise</i>    |
| • <i>arthritis</i>        | • <i>cardiovascular system</i> |
| • <i>coronary disease</i> | • <i>diabetes</i>              |
| • <i>ligament</i>         | • <i>muscle</i>                |
| • <i>obesity</i>          | • <i>osteoporosis</i>          |
| • <i>tendon</i>           |                                |

**Notes:**



Name: \_\_\_\_\_



## Aerobic Exercise vs Anaerobic Exercise

**Directions:** Complete the chart below comparing and contrasting aerobic exercise and anaerobic exercise.

### Aerobic Exercise

### Anaerobic Exercise

Describe each term.

How does it  
impact the body?

What is an example?

What organ systems  
do they impact?

## Exercise and You

**Directions:** As a class, discuss the following questions: what exercises do you do? Are they aerobic or anaerobic? What parts of the body are they strengthening? What diseases are they protecting against?