



Anaerobic Respiration - Practical

Anaerobic respiration occurs without oxygen and releases energy quicker than aerobic respiration. Have a go at each of the anaerobic exercises shown below.



**20m
Sprint**



**Standing Long
Jump**



**Press-Ups Completed in
20 secs**

How do you know that each of these activities requires anaerobic respiration?

Extension Activity

Plan a training session that can be used to improve future performance in one of these activities.