

# Activity sheet 4

## Cycling health



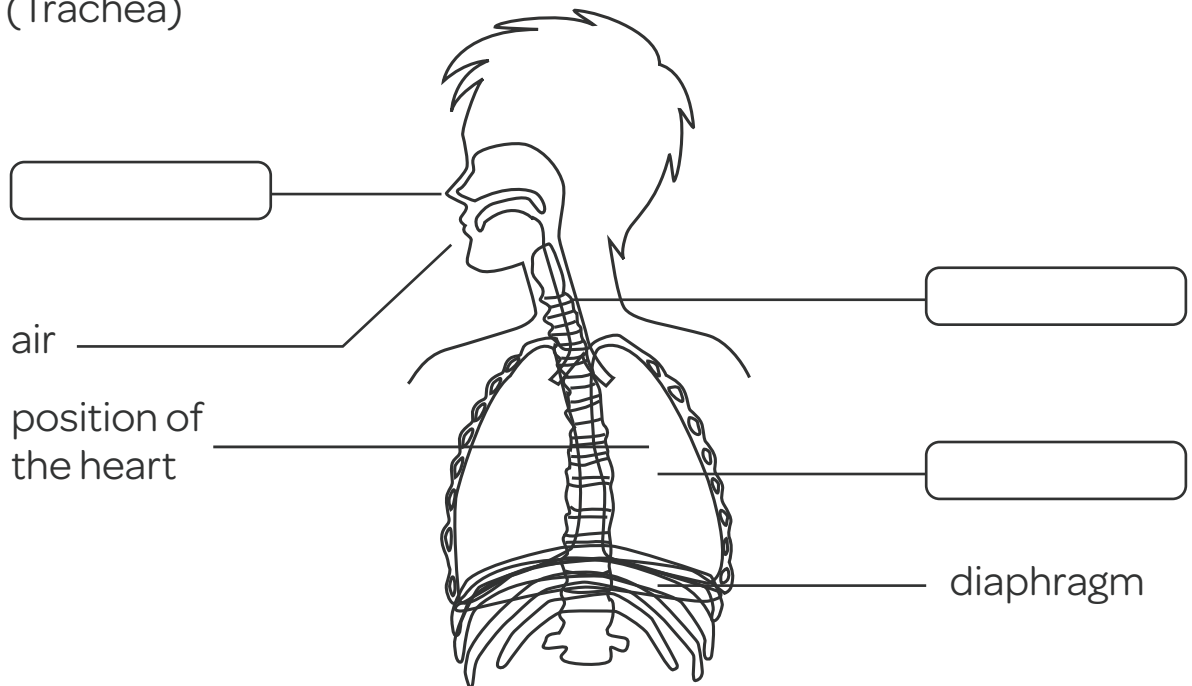
# Respiration

Finish labelling this diagram:

Nose

Windpipe (Trachea)

Lungs



Fill in the missing words to complete this paragraph about respiration.

Respiration is a \_\_\_\_\_ reaction which occurs in every \_\_\_\_\_ in your body. Glucose, a kind of sugar, reacts with oxygen to release \_\_\_\_\_. When we \_\_\_\_\_ (breathe in) we take in oxygen. The muscle below the ribcage called the \_\_\_\_\_ is pulled down and air fills the \_\_\_\_\_. It passes into tiny blood cells and is taken around the \_\_\_\_\_.

When we cycle we are taking aerobic \_\_\_\_\_. We use up the energy stored in our \_\_\_\_\_.

cell

inhale

muscles

body

chemical

energy

diaphragm

exercise

lungs