Aerobic and Anaerobic Respiration – join the boxes

Aerobic respiration - description	Glucose combines with oxygen to produce energy (ATP)
Aerobic respiration - equation	Glucose + oxygen = carbon dioxide + water.
Aerobic respiration - characteristics	It produces energy for long periods of time and is therefore suitable for high duration or endurance activities. produces energy slowly and is therefore suitable for low to moderate intensity activities.
Aerobic respiration – physical activities	open water, swimming, triathlon and jogging or walking during team games like football.
Anaerobic respiration - description	glucose = lactic acid.
Anaerobic respiration - equation	Glucose is used to produce energy or ATP without oxygen, lactic acid is produced as a by-product. Lactic acid causes discomfort and muscle fatigue.
Anaerobic respiration - characteristics	Produces energy extremely quickly and is therefore suitable for high intensity activities. It produces energy for short periods of time, meaning the activity can only be sustained for short durations. It's associated with power, speed and strength-based activities.
Anaerobic respiration – physical activities	sprinting athletic field events like shot put and high jump jumping to rebound in basketball, serving in tennis, weightlifting or vaulting in gymnastics.
Describe examples of where both aerobic and anaerobic respiration may be used.	Road cycling - aerobic respiration is used when riding on the flat, but anaerobic respiration is used during a hill climb. Football - aerobic respiration is used when jogging into the penalty area before a corner kick, but anaerobic respiration is used when jumping to win the header. Marathon running - aerobic respiration is used when running at a steady pace, but the athlete switches to anaerobic respiration during a sprint finish.