**ENERGY SYSTEMS: CREATIVE INTERPRETATION**

* Every sport or activity involves the use of the three energy systems to varying degrees. Some sports use a certain energy system more than others while other sports use all three of the energy systems at different points throughout the activity.
* You are going to develop a digital “creative interpretation” of your chosen energy system. You can write a story, draw a cartoon, make a song, create a movie, develop a digital story, develop a digital cartoon, etc. The opportunities are endless! (Don’t forget how much I love technology!!)
* Your interpretation must include the following elements about your specific system:
* Energy Source = What is it?
* How the Energy Source is obtained?
* Use of Oxygen in the energy system
* Duration of exercise/activity that supports the energy system
* Type of Exercise/Effort that supports the energy system
* By-Product
* In essence you are creating an alternative view of your chosen energy system
* Through your interpretation you should be able to include the above elements while eliminating the “textbook” descriptors.
* For example: You may be trying to show the re-synthesis process of ATP in the ATP-CP Energy System. Rather than provide “textbook” details, display your understanding of the process in a creative manner. The ATP-CP system could utilize the main characters in a cartoon: the Villain, the Hero and the Damsel in Distress. Each character would take on a “role” in the process of obtaining energy.
* Have fun with this! There are a number of online programs that could be useful. If you would like some guidance please ask me.