L1: Aerobic Respiration
Video: Aerobic Respiration (youtube.com)

BBC Bitesize: What is the difference between aerobic and anaerobic respiration? - BBC Bitesize

L2: Response to Exercise
Video: Response to Exercise (youtube.com)

BBC Bitesize: Structure and function of the gas exchange system - Respiration and gas exchange - KS3 Biology - BBC Bitesize
What is respiration and gas exchange? - BBC Bitesize

L3: Anaerobic Respiration
Video: Anaerobic Respiration (youtube.com)
BBC Bitesize: What is lactic acid? Respiration and gas exchange - KS3 Biology - BBC Bitesize

L4: Aerobic vs Anaerobic Respiration
Video: Aerobic and Anaerobic Respiration (youtube.com)

BBC Bitesize: Anaerobic and aerobic respiration - BBC Bitesize

L5: Lifestyle Choices
Video: Healthy Lifestyle (youtube.com)
What is an unhealthy lifestyle? – BBC Bitesize Key Stage 3 Learning for Life and Work (youtube.com)

BBC Bitesize: The effect of asthma, smoking and exercise on the gas exchange system - Respiration and gas exchange - Biology - BBC Bitesize

L6: Revision
Video: Key Stage 3 Science (Biology) - Respiration (youtube.com)

Year 8 – Respiration Sequence Map