

Glycogen Hydrolysis Activity: Energy Storage and Release

High School (NGSS Aligned) Teacher Guide

Overview

This guide supports implementation of the Glycogen Hydrolysis Activity: Energy Storage and Release using the 5E instructional model.

Learning Objectives

- Students will model how large molecules are broken down into smaller units
- Students will investigate the role of water in breaking chemical bonds
- Students will explain how organisms store and release energy

Standards Alignment

- **HS-LS1-6:** Construct explanations for how carbon, hydrogen, and oxygen from sugar molecules combine with other elements
- **HS-LS1-7:** Use a model to illustrate that cellular respiration is a chemical process whereby sugar bonds are broken

Prerequisites

- Basic understanding of molecules and bonds
- Knowledge that glucose is a sugar
- Awareness that organisms store energy

Time Estimate

50 minutes

Materials Needed

- Computer/tablet with internet access
- Student Activity Sheet
- Colored pencils (optional)

Teaching Tips by Phase

Phase 1: ENGAGE (5-10 minutes)

- Start with the phenomenon or problem presented
- Elicit student predictions and prior knowledge
- Create cognitive dissonance if possible
- Build excitement for investigation

Phase 2: EXPLORE (15-20 minutes)

- Allow students to investigate with minimal guidance
- Circulate and ask probing questions
- Encourage systematic data collection
- Note common discoveries and difficulties

Phase 3: EXPLAIN (10-15 minutes)

- Have students share their findings first
- Build on their observations to introduce concepts
- Address misconceptions directly
- Connect to broader biological principles

Phase 4: ELABORATE (10 minutes)

- Apply knowledge to new scenarios
- Make real-world connections
- Encourage deeper investigation

- Support transfer of learning

Phase 5: EVALUATE (5-10 minutes)

- Use varied assessment strategies
- Focus on conceptual understanding
- Provide immediate feedback
- Plan follow-up based on results

NGSS Three-Dimensional Learning

- **Science Practices:** Developing and using models, analyzing data, constructing explanations
- **Crosscutting Concepts:** Patterns, cause and effect, systems thinking
- **Disciplinary Core Ideas:** See standards alignment above

Remember:

The goal is student discovery through guided inquiry. Resist the urge to explain concepts before students have explored them!