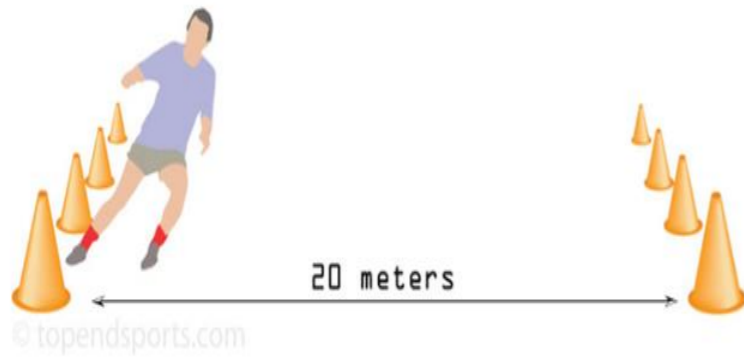
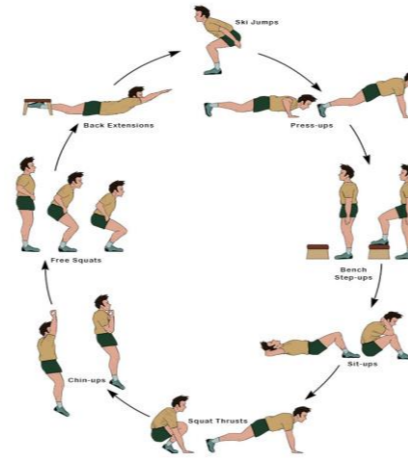




Physical Education Year 9 Fitness Knowledge Organiser



Multistage fitness test



Circuit training



High Intensity Interval Training (HIIT)

Training zones	Description
Aerobic training zone	60-80% of maximum heart rate
Anaerobic training zone	80-90% of maximum heart rate
Maximum Heart Rate	220-age
Radial Pulse	Pulse in your wrist
Carotid Pulse	Pulse in your neck
Rest Heart Rate	The amount of time your heart beats per minute while resting



KEY VOCABULARY

Aerobic, Anaerobic, Heart Rate, Interval training Fitness, Agility, Muscular Endurance, Strength, Power, Cardiovascular Endurance, Flexibility, Reaction Time, Speed, Testing,