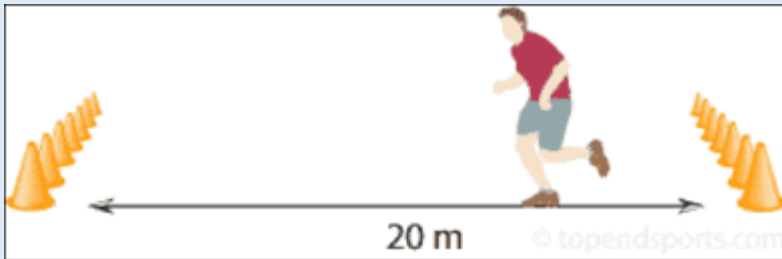


## The Multi-stage fitness test (bleep test)

The bleep test is a multi-stage fitness test in which you must do 20 metre shuttle runs in time with the bleeps until the bleeps get too quick for you.

There are multiple stages and the higher level you reach the more aerobically fit you are.



## Heart Rate

- Place two fingers on their wrist, below their thumb. Apply gentle pressure until you can feel a slight beat against your fingertips. Count how many **beats** you feel in 15 seconds. Then multiply that number by 4 to determine your heart rate.
- Heart rates will increase during exercise and return to normal after a cool down.

Year 6  
Healthy, Active Lifestyles



## Short and Long term effects of fitness training

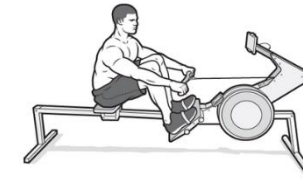
### Short term

- Increased heart rate.
- Increased breathing rate.
- Aching muscles.
- Going red in the face.
- Sweating.

### Long term

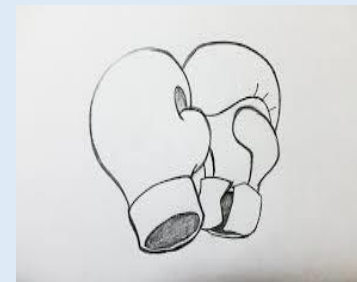
- Healthy body weight.
- Mental well-being.
- Less stressed.
- Improved social life.
- Reduced risk of heart disease and high blood pressure.

## Circuit Training Activities



- Sit on seat, back straight, feet on foot pads.
- Take the handle in both hands.
- Extend your legs, pull handle bar into stomach.
- Bend knees and repeat.

- Stand on foot markers and hold handle bars.
- Move one foot forward and repeat. As if you were riding a bike.
- Allow arms to move with the bars.



- Boxercise is a great way of keeping physically fit.
- It teaches self control, discipline and respect.
- Having fast reflexes and being physically strong are qualities which are important.

- Skipping is an excellent way to keep fit.
- It is an aerobic activity which helps to keep your body and your heart healthy.
- Skipping is great fun individually or as a group.

