



RAINFORD
HIGH



Year 8

PE Knowledge Organiser

Heart Rate

EVERYONE MATTERS EVERYONE HELPS EVERYONE SUCCEEDS



How to Take Your Pulse

What is your pulse? Your pulse is your heart rate, or the number of times your heart beats in one minute.

1. Place the tips of your index, second, and third fingers on the palm side of your other wrist, below the base of the thumb. Or, place the tips of your index and second fingers on your lower neck, on either side of your windpipe.
2. Press lightly with your fingers until you feel the blood pulsing beneath your fingers. You might need to move your fingers around slightly up or down until you feel the pulsing.
3. Use a watch with a second hand, or look at a clock with a second hand.



TAKE YOUR HEART RATE

Instructions: Quickly choose an aerobic activity. Perform that activity for 30-45 seconds then check your pulse on either your wrist or neck.

BPM Calculation- Count number of beats for 10 seconds and multiply that by 6.

Vigorous Activities



Moderate Activities



Which activity had more effect on your heart?

Vigorous physical activities like running, riding bikes, swimming and jumping jacks strengthen your heart and greatly increase your pulse!

Moderate physical activities like walking briskly, yard work and shooting baskets are good but do not improve your aerobic fitness!

Maximum Heart Rate
The Maximum Heart Rate (M.H.R) is the highest your pulse rate can go and fastest your heart will beat.
To calculate your predicted maximum heart rate, use this formula:
 $220 - \text{Your Age} = \text{Predicted Maximum Heart Rate}$



	EFFORT	EFFECT
Maximize Performance	MAXIMUM 90-100%	BENEFIT: HELPS FIT ATHLETES DEVELOP SPEED
	HARD 80-90%	BENEFIT: INCREASES MAXIMUM PERFORMANCE CAPACITY FOR SHORTER SESSIONS
Improve Fitness	MODERATE 70-80%	BENEFIT: IMPROVES AEROBIC FITNESS
Lose Weight	LIGHT 60-70%	BENEFIT: IMPROVES BASIC ENDURANCE AND FAT BURNING
	VERY LIGHT 50-60%	BENEFIT: HELPS WITH RECOVERY

Training Zones

To improve your fitness, when you are exercising your heart rate needs to fall within the training zone. To be working within the Aerobic Training Zone your pulse rate should fall between 60% - 80% of your M.H.R