

Physical Education - Health related exercise: components of fitness

How can we train cardiorespiratory fitness?

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Create and complete a continuous training session.

Plan and complete a continuous training session to improve cardiorespiratory fitness.

- You need to include 6 activities with no rest periods.
- Decide how long you would like to complete each exercise for (at least 30-secs minium).

| | Exercise | Duration |
|---|----------|----------|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |

