

Max's Fitness Challenge: Getting Heart-Healthy!

Learning objective: To understand the components of fitness and how physical activity affects our bodies, including the heart and muscles.

Max the monkey is helping us sort out our fitness facts! Look at the list of physical activities and body responses below. You need to sort them into two groups: 'Aerobic Activity' (exercises that get your heart pumping and make you breathe faster) and 'Body Response' (what happens to your body when you exercise).

Word bank: Running a race · Heart beating faster · Swimming laps · Muscles feeling warm · Fast dancing · Feeling breathless · Cycling to the park · Sweating to stay cool

1. Sort the items from the word bank into two columns: 'Aerobic Activity' and 'Body Response'. Explain why your heart beats faster during aerobic activity. (6 marks)

2. Max wants to buy new trainers for £25.50. If he saves £5.50 each week, how many weeks will it take him to have enough money? (2 marks)

3. Why is it important to warm up your muscles before doing high-energy activities like running? (2 marks)

4. True or False: Staying hydrated by drinking water is only important if you are a professional athlete. Explain your reasoning. (2 marks)

5. Name one activity you could do for 30 minutes to improve your heart health. (1 mark)

Draw: Draw a picture of Max the monkey leading a group of friends in a fun, active game. Label the parts of the body that are working hard, such as the heart and the leg muscles.



Extension challenge: Design a 10-minute fitness circuit for your classmates. Include three different movements (e.g., star jumps, high knees, or hopping) and explain how many repetitions you would do for each.