

Fitness and Health Flashcards

Learning objective: To understand key components of fitness, how the heart and lungs respond to exercise, and the importance of a healthy lifestyle.

Read the term or question on the front of the card, try to remember the answer, and then flip the card to check if you are correct!

What is Heart Rate?

Heart Rate: The number of times your heart beats per minute to pump blood around your body.

What happens to your breathing when you exercise?

Breathing: It becomes faster and deeper to get more oxygen into your blood and muscles.

What is Aerobic Exercise?

Aerobic Exercise: Activity that makes your heart beat faster for a long time, like jogging or swimming.

What is Anaerobic Exercise?

Anaerobic Exercise: Short, intense bursts of energy where you work very hard, like sprinting.

What does 'Flexibility' mean in PE?

Flexibility: The ability of your joints to move through a full range of motion, such as when stretching.

What is Muscular Strength?

Muscular Strength: The amount of force a muscle can produce, such as lifting a heavy object.

What is Endurance?

Endurance: The ability to keep exercising for a long period of time without getting tired.

Why do we do a Warm-up?

Warm-up: To gradually increase the heart rate and prepare the muscles and joints for exercise to prevent injury.

What is the purpose of a Cool-down?

Cool-down: To slowly bring the heart rate back to normal and help the muscles relax after a workout.

What is Hydration?

Hydration: Drinking enough water to keep your body functioning properly, especially during and after exercise.

What is an 'Active Lifestyle'?

Active Lifestyle: Choosing to move your body every day through play, sport, or walking instead of sitting for long periods.

Max the monkey thinks a puzzle is the best way to remember fitness. Which organ is the most important for fitness?

The Heart: It pumps oxygen-rich blood to all the muscles in your body.