

Keeping Fit with Max and Leo

Learning objective: To understand the components of fitness and the importance of physical activity for a healthy body.

Read each question carefully and use your knowledge of health and fitness to provide your answers. Remember to show your working for any calculations.

Word bank: Heart rate · Endurance · Stamina · Flexibility · Pulse · Strength · Recovery

1. Max the monkey wants to improve his stamina for climbing. Explain what 'stamina' means and suggest one activity he could do to help improve it. (2 marks)

2. Leo the lion is checking his pulse after a sprint. Why does our heart rate increase when we participate in vigorous exercise? (2 marks)

3. Max has £15.00. He buys a skipping rope for £4.50 and a set of sports cones for £3.25. How much money does he have left to spend on a water bottle? (2 marks)

4. Why is it important to perform a warm-up before starting a high-intensity sports session? (2 marks)

5. List two physical changes you notice in your body immediately after running for three minutes. (2 marks)

Draw: Draw a picture of Max the monkey and Leo the lion engaging in a fun physical activity together. Make sure they are wearing appropriate sports clothing.



Extension challenge: Create a 10-minute fitness circuit plan for your class. Include three different exercises, how long each one should last, and one reason why your chosen exercises are good for your heart.