

Max's Fitness Fun: My Personal Movement Plan

Learning objective: To understand how physical activity affects the body and to plan a balanced routine for health and fitness.

Max the monkey loves to keep his heart beating fast with fun activities! Use this template to record your own fitness journey. Think about how your body feels before, during, and after you move. Be sure to include a mix of activities that build your strength and improve your stamina.

Word bank: stamina · heart rate · flexibility · strength · energy · warm-up · cool-down · active

1. My Fitness Goals: Describe two physical activities you enjoy and explain how they help your body stay healthy. (2 marks)

2. The Warm-up: List three gentle movements you can do to prepare your muscles and joints before starting your main activity. (2 marks)

3. Tracking My Heart Rate: How does your breathing and heart rate change after five minutes of vigorous exercise? Explain why this happens. (3 marks)

4. Cool-down Routine: Why is it important to perform slow stretches after you finish exercising? Suggest two stretches you could use. (2 marks)

5. Weekly Activity Log: If you wanted to earn £5.00 for a sports club, why is consistency in your training important? Write a plan for one week. (3 marks)

Extension challenge: Design a 'fitness circuit' of four different exercises for your friends to try. Write down the instructions for each station and explain which muscle group each exercise targets.