

Max's Peak Performance Challenge

Learning objective: To understand how physical activity affects the body and to recognise the components of fitness including stamina, strength, and agility.

Max the monkey is training for the Great Forest Games! Help him analyse his training sessions by answering the questions below. Use your knowledge of how the human body responds to exercise.

Word bank: Heart rate · Stamina · Agility · Recovery · Oxygen · Muscles · Circulation

1. Max notices that his heart beats much faster when he sprints compared to when he is sitting still. Explain why this happens in terms of his body's need for oxygen. (2 marks)

2. Compare and contrast 'stamina' and 'agility'. Give one example of an activity that would improve each of these fitness components. (3 marks)

3. After a long afternoon of climbing, Max feels his muscles getting tired. Justify why it is important for him to have a 'cool down' period instead of stopping his exercise abruptly. (2 marks)

4. Max wants to buy a new stopwatch that costs £12.50 and a set of training cones for £7.75. If he has a £20 note, how much change will he receive? Show your calculation. (2 marks)

5. What might happen to an athlete's performance if they do not drink enough water or eat a balanced diet? Explain your reasoning. (2 marks)

6. Design a 15-minute circuit training plan for Max. List three different exercises and explain how each one contributes to his overall physical fitness. (4 marks)

Draw: Draw a diagram of Max the monkey performing his favourite fitness activity. Label the parts of his body that are working hardest (e.g., lungs, heart, leg muscles) and show what happens to his 'heart rate' during the activity.



Extension challenge: Research the 'Pulse Rate' of a resting person versus an active person. Create a table showing the predicted heart rate of a Year 4 pupil before and after a 5-minute jog. Write a short paragraph justifying why regular exercise is essential for long-term health.