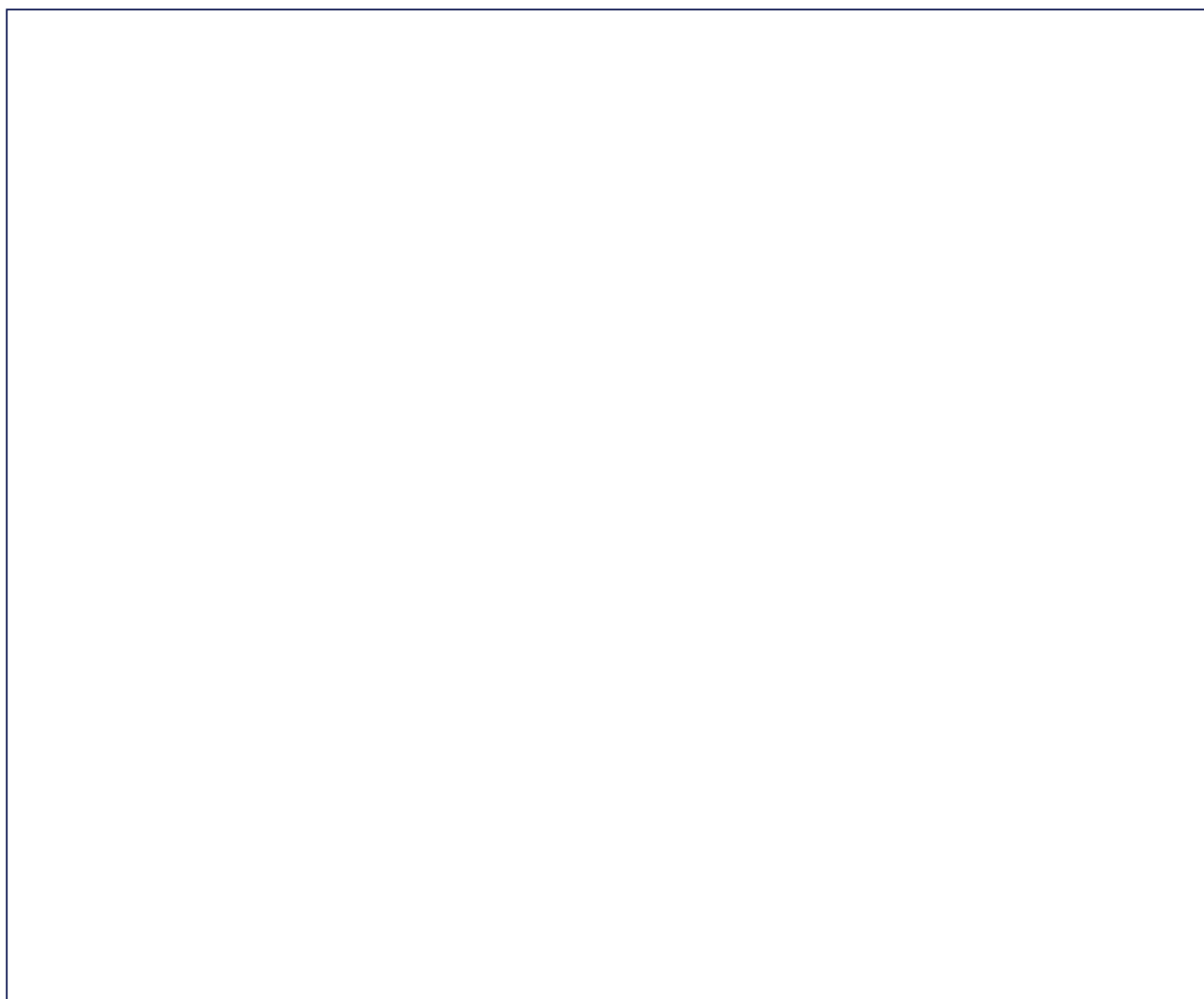


## Max's Fitness Challenge: Designing a Daily Routine

*Learning objective: To identify and illustrate different types of physical activity and understand the effects of exercise on the human body.*

Max the monkey is preparing for a big adventure! He needs to improve his fitness and wants to track his progress. Use the space below to draw a scene showing Max engaging in different types of exercise. Use the word bank to label the parts of your drawing.

**Draw:** Draw a vibrant, action-packed scene featuring Max the monkey in a park. Show Max doing three different types of physical activities: one that requires high energy (like sprinting or jumping), one that requires balance or stretching (like yoga or reaching), and one that shows him taking a healthy break to drink water. Use a bright, energetic art style. Include labels from the word bank pointing to specific parts of Max's body or the activities he is performing.



*Label words: Heart rate · Stamina · Flexibility · Muscle strength · Endurance · Circulation · Rest period*

### Steps:

1. Explain why Max's heart rate increases when he performs vigorous exercise.
2. Compare and contrast 'stamina' and 'flexibility'. Why are both important for overall fitness?
3. Justify why it is essential for Max to include a 'rest period' in his fitness routine.

4. What might happen to Max's physical health if he only focused on muscle strength and ignored flexibility?
5. Label your drawing to show which activity improves cardiovascular health and which improves muscular strength.
6. Create a 3-day fitness plan for Max, ensuring a balance between high-intensity movement and recovery.