

Max's Fitness Adventure Log

Learning objective: To monitor and evaluate personal physical activity, understanding the effects of exercise on the body.

Max the monkey wants you to track your physical fitness journey. Use this log to record your activities, explain how your body reacts to movement, and reflect on how you can improve your stamina and coordination over the week.

Word bank: stamina · heart rate · flexibility · resilience · coordination · pulse · energy · perspiration

1. Activity Overview: Describe the physical activity you performed today. Was it aerobic or focused on strength? Explain why you chose this activity. (2 marks)

2. Physiological Response: How did your body feel immediately after the activity compared to when you started? Mention your heart rate and breathing. (2 marks)

3. Comparing Challenges: Compare and contrast a high-intensity activity (like sprinting) with a low-intensity activity (like stretching). Which one improved your flexibility and which improved your stamina? (3 marks)

4. Justification: Max believes that regular exercise improves your focus in the classroom. Justify this opinion using your own experiences or scientific reasoning. (3 marks)

5. Problem Solving: What might happen to your fitness levels if you only performed one type of exercise every day for a month? Explain the risks. (3 marks)

6. Reflective Goal Setting: Create a personal fitness target for next week. How will you measure if you have been successful in achieving this goal? (2 marks)

Extension challenge: Design a 15-minute circuit training routine that includes at least three different movements (e.g., jumping, balancing, and core strength). Write a persuasive paragraph explaining why your routine is effective for a Class 4 pupil.