

Max's Fitness Challenge

Learning objective: To understand how physical activity affects our bodies and to identify ways to stay healthy.

Max the monkey loves to move! Look at the list of activities below. Decide if each activity makes your heart beat faster or helps you stay calm. Match the activity to the correct body reaction by drawing a line or writing the activity in the right box. Use the sentence starters provided to explain your choices.

Word bank: Heart rate · Exercise · Rest · Energy · Fast · Slow

1. 1. Sprinting across the playground: Does this make your heart beat fast or slow? Start your sentence with: 'Sprinting makes my heart...' (2 marks)

2. 2. Sitting quietly to read a book: Does this make your heart beat fast or slow? Start your sentence with: 'Sitting quietly makes my heart...' (2 marks)

3. 3. Why is it good to get out of breath when we play? Start your sentence with: 'It is good to exercise because...' (2 marks)

4. 4. List two activities you enjoy that make your heart beat fast. (2 marks)

Draw: Draw a picture of yourself doing your favourite physical activity. Show yourself moving your body!



Extension challenge: Ask a partner to count your heart beats for 10 seconds while you are sitting down. Then, do ten star jumps and count them again. Talk about how the number changed.