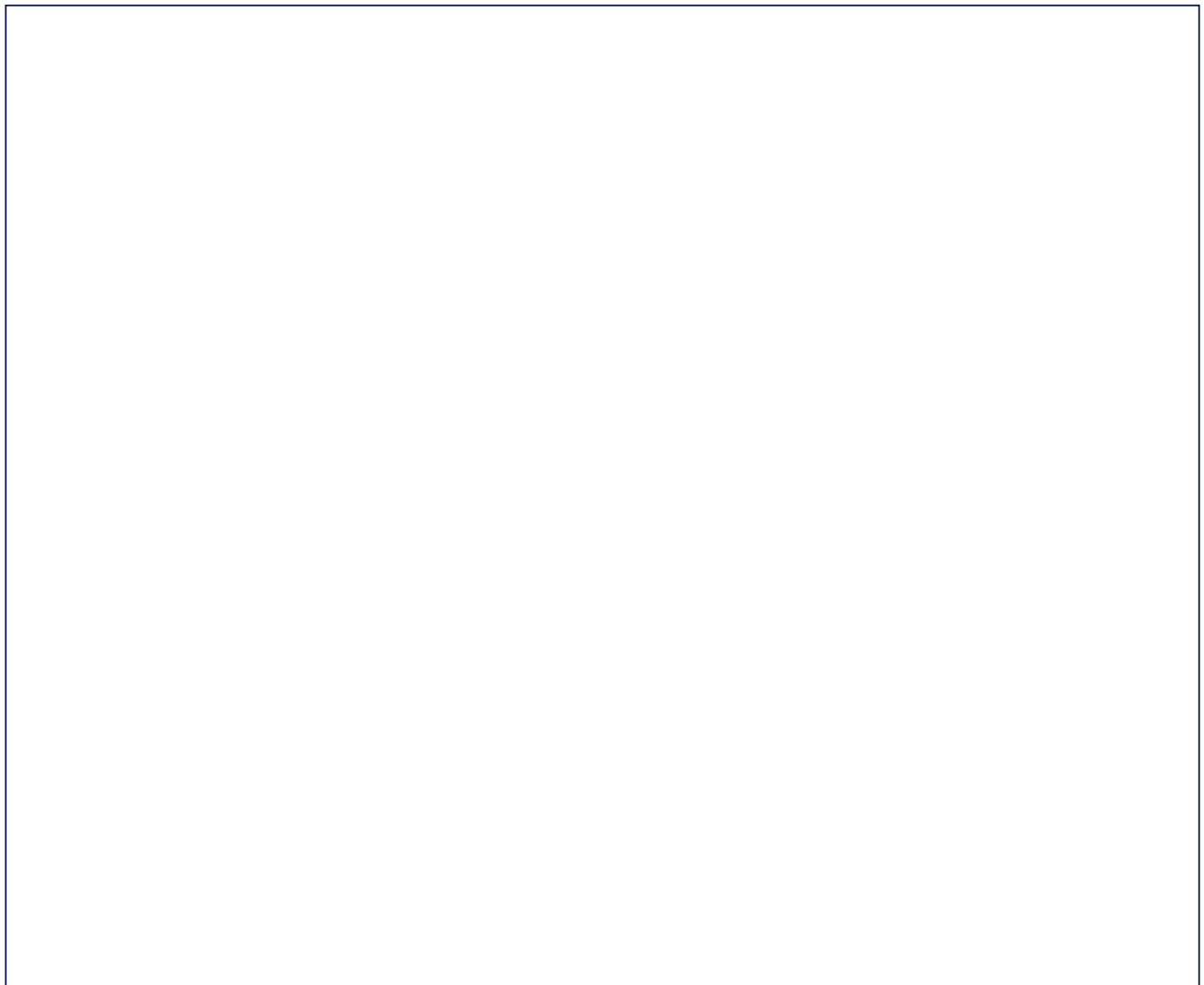


Max's Fitness Fun: Get Moving!

Learning objective: To understand how physical activity affects our bodies by labelling and drawing a fitness scene.

Max the monkey wants to stay healthy and strong. Follow the steps below to complete your fitness drawing. Use the word bank to help you label your work.

Draw: Draw a large, clear scene of Max the monkey in a sunny park. He should be jumping in the air. Include a bright sun, some trees, and a water bottle on the grass. Use bright colours. Make sure there is enough space around Max to add labels for his heart, lungs, and muscles.



Label words: Heart · Lungs · Muscles · Sweat · Energy

Steps:

1. Step 1: Draw Max the monkey jumping in a park. Draw him wearing his favourite trainers.
2. Step 2: Draw a big heart inside Max's chest to show it is beating fast.
3. Step 3: Label the 'Muscles' on Max's arms and legs. How do they help him jump?
4. Step 4: Draw a water bottle next to Max. Why is it important to drink water after exercise?