

Max's Fitness Challenge: Staying Active and Healthy

Learning objective: To understand the components of fitness, the importance of physical activity, and the effects exercise has on the human body.

Read each card carefully. The front features a key term or question about fitness, and the back provides the definition or explanation. Use these to test your knowledge of how to keep your body strong and healthy.

Cardiovascular Endurance

The ability of the heart and lungs to supply oxygen to the body during long periods of physical activity.

Muscular Strength

The amount of force a muscle can produce in a single effort, such as lifting a heavy bag of books.

Flexibility

The range of motion around a joint, which helps prevent injuries and allows for smooth movement.

Pulse Rate

The number of times your heart beats per minute, which increases during exercise to pump more blood to your muscles.

Why is a warm-up essential before exercise?

A warm-up gradually increases your heart rate and prepares your muscles for movement, reducing the risk of strain.

What is the purpose of a cool-down?

A cool-down helps your heart rate return to its resting state and helps remove waste products like lactic acid from muscles.

Stamina

The physical or mental effort exerted to do something for a long period of time without getting tired.

Recovery

The period of time after exercise when the body repairs itself and replenishes energy stores.

Explain why your breathing rate increases during a game of tag.

Your muscles require more oxygen to create energy for movement, so you breathe faster to get more oxygen into your bloodstream.

Max is training for a race. Why should he balance his exercise with healthy food and water?

Food provides the fuel (energy) for muscles, while water replaces the fluids lost through sweat, ensuring the body functions efficiently.