

Max's Fitness Flashcards

Learning objective: To understand key terms related to physical fitness and healthy exercise.

Read the front of each card. Try to guess the answer before looking at the back. Max the monkey says: 'Keep your heart happy and your body moving!'

Heart rate

How fast your heart beats while you are being active.

Stamina

The ability to keep doing an activity for a long time without getting too tired.

Warm-up

Gentle movements done before exercise to get the body ready.

Flexibility

How easily your joints and muscles can stretch and bend.

Cool down

Slow movements done after exercise to help the body rest.

Agility

The ability to move quickly and change direction with ease.

Strength

How much power your muscles have to lift or push things.

Exercise

Physical activity that makes your body work harder to stay healthy.

Pulse

The beat you can feel in your wrist or neck when your heart is working.

Fitness

The state of being healthy and having enough energy to play and learn.