

Max's Fitness Challenge: The Heart-Pumping Quiz

Learning objective: To understand the components of fitness, the effect of exercise on the body, and the importance of a healthy, active lifestyle.

Max the monkey is getting ready for a jungle athletics competition! Help him solve these fitness puzzles by choosing the best answers. Read each question carefully and think about how your heart and muscles work when you get active.

Answer Key: 1.C, 2.True, 3.Pulse, 4.A, 5.False, 6.B, 7.True, 8.Stamina, 9.C, 10.Flexibility. Explanation: Exercise strengthens the heart and lungs (cardiovascular health), helps muscles recover, and keeps joints mobile. Maintaining a balanced diet provides the energy required for physical activity.

Word bank: Cardiovascular · Stamina · Flexibility · Pulse · Recovery · Agility · Nutrients

1. 1. Which of these is a benefit of regular physical activity? A) Getting tired quickly B) Weakening bones C) Strengthening your heart* D) Skipping breakfast (1 mark)

2. 2. True or False: Your heart rate increases when you exercise because your muscles need more oxygen. (1 mark)

3. 3. What is the name for the 'thumping' rhythm you can feel in your wrist or neck during exercise? (1 mark)

4. 4. Which activity is best for improving your cardiovascular fitness? A) Running* B) Sitting C) Drawing D) Sleeping (1 mark)

5. 5. True or False: You should never drink water while exercising. (1 mark)

6. 6. What does 'stamina' mean? A) Moving very slowly B) The ability to keep going for a long time* C) Being able to lift heavy rocks D) Sleeping for ten hours (1 mark)

7. 7. True or False: Warming up before exercise helps to prevent muscle injuries. (1 mark)

8. 8. Which fitness component helps you change direction quickly, like a fox dodging through trees? (1 mark)

9. 9. If a healthy meal costs £3.50 and a piece of fruit costs £0.50, what is the total for both?
A) £3.00 B) £3.50 C) £4.00* D) £5.00 (1 mark)

10. 10. What do we call the ability to bend and stretch your joints, like reaching for your toes? (1 mark)

Draw: Draw Max the monkey performing his favourite warm-up stretch. Include labels showing which muscles are being used!



Extension challenge: 1. Explain why a professional athlete needs to eat a balanced diet alongside their training. 2. Compare and contrast a 'sprint' (running very fast for a short time) with a 'marathon' (running for a long distance). Which fitness components are most important for each? 3. Justify why it is important to include 'rest days' in a weekly exercise plan. 4. What might happen to a person's fitness if they stopped moving for a month? 5. Design a 15-minute 'Active Jungle Circuit' for Max. List three exercises and explain how they affect the body. 6. If Max wants to buy 3 healthy snacks at £0.80 each and a bottle of water for £1.20, calculate the total cost and explain if he has enough if he starts with a £5.00 note.