

Max's Fitness Challenge Log

Learning objective: To identify and record different types of physical activities that improve fitness and heart rate.

Hello! I am Max the monkey. I love to move my body to stay strong and healthy. Use this log to track your exercise this week. Choose an activity, say how your body felt, and how long you did it for. Use the word bank if you need help!

Word bank: fast · heart · strong · tired · running · jumping · dancing · energy · sweaty · happy

1. My Activity: Which exercise did you do? (e.g., running, jumping, or dancing) (2 marks)

2. Time: How many minutes did you exercise for? (2 marks)

3. Feeling: How did your heart and body feel after the exercise? (2 marks)

4. Energy: Did you feel more or less energetic after moving? (2 marks)

Extension challenge: Can you try a new activity tomorrow that makes your heart beat even faster? Write it down!