

Max’s Fitness Word Mat

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

Key Vocabulary

Max the monkey wants you to get moving! Use this word mat to learn new words about fitness. Read the words in each group to help you describe how your body feels when you exercise.

Heart rate How fast your heart beats while y...	Pulse The beat you can feel in your wrist or ...	Stamina Being able to keep going for a long t...
Agility How quickly and easily you can chan...	Strength How much power your muscles ha...	Flexibility How well your body can bend and...
Warm-up Gentle movements done before e...	Cool-down Slow movements done after exe...	Hydration Drinking enough water to keep yo...
Endurance The ability to stay active for a lo...	Speed How fast you can move from one pla...	Coordination Using your eyes, hands, and f...
Energy The fuel your body gets from food to...	Active Being busy and moving your body ins...	Rest Time spent relaxing so your muscles c...