

Max's Fitness Fun

Learning objective: To understand how exercise changes our body and why being active is good for us.

Look at the pictures and the words below. Read each question carefully. Use the word bank to help you complete your sentences. If you need help, look for the clues in the questions.

Word bank: heart · faster · stronger · sweaty · active · energy

1. Max the monkey is jumping up and down. When he exercises, what happens to his heartbeat? (2 marks)

2. Why does your skin sometimes get a little bit hot or wet when you run fast? (2 marks)

3. Finish this sentence: Being active helps to keep my muscles and healthy. (1 mark)

4. List two activities you can do to stay active during break time at school. (2 marks)

Draw: Draw a picture of yourself doing your favourite active hobby, like running, dancing, or playing football.



Extension challenge: Max wants to buy new trainers for £12.50. If he saves £2.00 each week for 5 weeks, does he have enough money? Explain your answer.