

Max's Fitness Fun Quiz

Learning objective: To understand the components of physical fitness, the importance of a healthy heart, and how exercise affects the human body.

Max the monkey is getting ready for a jungle athletics day! Help him out by answering these 10 questions about staying fit and healthy. Read each question carefully and select the best answer.

Answer Key: 1.C, 2.True, 3.Heart rate, 4.B, 5.False, 6.A, 7.Strength, 8.B, 9.True, 10.Flexibility. Remember: A healthy body needs a mix of exercise, rest, and nutritious food!

Word bank: heart rate · stamina · flexibility · warm-up · cool-down · agility · strength

1. 1. What is the main purpose of a warm-up before exercise? A) To get tired B) To show off C) To prepare muscles and prevent injury* D) To finish quickly (1 mark)

2. 2. True or False: Your heart is a muscle that gets stronger with regular exercise. (1 mark)

3. 3. What do we call the speed at which your heart beats, which increases when you run fast? (1 mark)

4. 4. Which of these is an example of an aerobic activity? A) Sitting B) Running* C) Sleeping D) Reading (1 mark)

5. 5. True or False: You should never drink water during exercise. (1 mark)

6. 6. What is the ability to change direction quickly called? A) Agility* B) Stamina C) Weight D) Speed (1 mark)

7. 7. If you are lifting heavy objects or doing push-ups, which component of fitness are you improving? (1 mark)

8. 8. How long should a typical PE lesson warm-up usually last? A) 1 hour B) 5-10 minutes* C) 30 seconds D) All day (1 mark)

9. 9. True or False: A cool-down helps your body return to a resting state gradually. (1 mark)

10. 10. What is the term for the range of movement you have at your joints, often improved by stretching? (1 mark)

Draw: Draw Max the monkey demonstrating his favourite way to stay fit, such as climbing a tree, stretching, or running through the jungle.



Extension challenge: Max wants to create a weekly exercise plan. Write down three different activities you could do to improve your stamina, strength, and flexibility, and explain why each one is good for you.