

Max's Fitness Challenge: Staying Active and Healthy

Learning objective: To understand the components of physical fitness, recognise the effects of exercise on the body, and plan a balanced routine to improve cardiovascular health.

Read each question carefully and use your knowledge of health and fitness to provide detailed answers. Use the word bank to help you explain your ideas.

Word bank: cardiovascular · stamina · flexibility · pulse · endurance · recovery · oxygen

1. Max is training for a long-distance run. Explain what happens to his heart rate and breathing when he starts to exercise, and why his body needs more of these responses. (2 marks)

2. Define 'stamina' in your own words. Why is it important for an athlete like a footballer or a swimmer to have high levels of stamina? (2 marks)

3. Zara the zebra loves gymnastics. Why is flexibility an essential part of her fitness, and what kind of exercises could she do to improve it? (2 marks)

4. If Max spends £15.50 on a new skipping rope and £12.75 on a set of cones for his garden circuit, how much money has he spent in total? Show your working. (2 marks)

5. Why is it important to have a 'cool down' period after intense physical activity? Mention the effect it has on the body. (2 marks)

Draw: Draw a labelled diagram showing one way to improve cardiovascular fitness (such as running, swimming, or cycling) and show how the body changes during this activity.



Extension challenge: Design a 15-minute fitness circuit for your class. List three different activities, the time spent on each, and explain how each activity helps improve a different part of physical fitness (e.g., strength, speed, or coordination).