

Max's Healthy Heart Challenge

Learning objective: To identify how physical activity affects the human body and promotes health.

Max the monkey is getting ready for a big race! He needs to know what happens to his body when he exercises. Look at the list of changes below. For each one, decide if it happens when you are active (moving fast) or at rest (sitting still). Draw a line to match each change to the correct column.

Word bank: Heart rate · Breathing · Energy · Body temperature · Active · Rest

1. 1. Match these: Heart beats faster (Active/Rest) (1 mark)

2. 2. Match these: Breathing is slow and steady (Active/Rest) (1 mark)

3. 3. Match these: You feel warmer (Active/Rest) (1 mark)

4. 4. Why is it good to do exercise for 60 minutes every day? (Sentence starter: Exercise is good because...) (2 marks)

Draw: Draw a picture of Max the monkey doing his favourite exercise. Show him looking happy and energetic!



Extension challenge: Write down one healthy snack you could eat after your exercise to give your body fuel.