

Health and Fitness Assessment

Learning objective: To identify the benefits of exercise and healthy eating for a balanced lifestyle.

Read each question carefully. Use the word bank to help you spell tricky words. Write your answers clearly on the lines provided.

Max the monkey loves to run and climb. He knows that moving his body keeps him strong. He eats healthy snacks to give him power for his adventures. To stay fit, he also makes sure he gets enough sleep at night.

Word bank: Heart · Muscles · Energy · Fruit · Vegetables · Exercise · Rest · Water

1. 1. Max likes to run and climb. Name one part of the body that gets stronger when we exercise. (2 marks)

2. 2. Why is it important to drink water when we are playing sports? (3 marks)

3. 3. List two types of healthy food that give us energy. (4 marks)

4. 4. Why do we need to sleep after a busy day of exercise? (4 marks)

5. 5. Think about a healthy day. Write three things you can do to keep your body healthy and fit. (7 marks)

Draw: Draw a picture of a healthy meal on a plate. Label your food items using the word bank.



Extension challenge: Write a short poem about how your body feels after you have been running or playing games. Total: /25