

Max's Active Adventures: Health and Fitness

Learning objective: To understand the physical and internal changes that occur in the human body during exercise and to recognise the importance of a healthy lifestyle.

Follow the drawing prompts carefully to illustrate the effects of exercise on the human body. Use the word bank to label your diagram accurately.

Draw: Create a clear, scientific-style diagram of a human body in motion. The style should be clean and instructional, similar to a biology textbook. Use blue arrows to show the path of oxygen entering the lungs and red arrows to show blood pumping from the heart to the muscles. Include labels from the word bank to explain the physiological processes taking place.



Label words: Heart rate · Oxygen · Muscles · Lungs · Endorphins · Circulation · Stamina · Hydration

Steps:

1. Step 1: Draw a stick figure of a person running. Add an arrow pointing to the chest to show where the heart is. Label this 'Heart'.
2. Step 2: Draw two balloons inside the chest area to represent the lungs. Label them 'Lungs'.
3. Explain why your heart rate increases when you participate in vigorous exercise like sprinting.
4. Justify why it is important for an athlete to maintain good hydration before and after physical activity.

5. Compare and contrast how your body feels after sitting still for an hour versus after playing a game of tag for an hour.
6. What might happen to your physical health if you only focused on exercise but never ate a balanced diet? Explain your reasoning.