

Max's Healthy Body Drawing Challenge

Learning objective: To identify and draw the effects of physical activity on the human body.

Max the monkey is getting ready for a fun day of exercise! Follow the steps below to draw how your body changes when you stay active and healthy. Use the word bank to help you label your drawing.

Draw: Draw a large, clear picture of Max the monkey in the centre of the page. He should be jumping or running. Use bright colours to show his movement. Leave enough space around Max so you can draw lines from his body to the labels in your word bank.



Label words: Heart · Lungs · Sweat · Muscles · Energy

Steps:

1. Step 1: Draw Max doing a fun activity like jumping or running. Label his strong arm and leg muscles.
2. Step 2: Draw a small symbol near Max's chest to show where his heart is beating faster. Label it 'Heart'.
3. Step 3: Draw little droplets on Max's forehead to show he is working hard. Label this 'Sweat'.
4. Step 4: Draw a big, happy smile on Max's face to show how exercise gives him 'Energy'. Label it.