

Max's Health and Fitness Flashcards

Learning objective: To identify key terms related to physical health, exercise, and how our bodies work during activity.

Read the front of the card. Try to guess the answer. Then, look at the back to check your answer. Use the word bank if you get stuck!

What do we call the movement that makes our bodies strong and healthy?	What do we call the gentle movements we do before a big sport session?
Exercise	Warm-up
What is the name for the speed at which your heart beats?	What do we call the parts of our body that help us to move and lift things?
Heart rate	Muscles
What is the ability to keep going for a long time without getting tired?	What should we drink plenty of to stay healthy during sport?
Stamina	Water
What is it called when we give our bodies time to relax and grow?	What do we call the light movements we do after exercise to slow down?
Rest	Cool-down
What is the word for being able to bend and stretch your body easily?	What do we call things like fruit and vegetables that help our bodies stay strong?
Flexibility	Healthy food