

Max's Marathon of Movement: Health and Fitness Quiz

Learning objective: To understand the importance of physical activity, a balanced diet, and the physiological effects of exercise on the human body.

Join Max the monkey as he trains for the Great Jungle Games! Read the questions carefully and use your knowledge of health and fitness to choose the best answers. Work through the quiz to see if you have the stamina of a champion.

Answer Key: 1.C, 2.True, 3.Heart rate, 4.B, 5.False, 6.A, 7.True, 8.Energy, 9.B, 10.True. Fitness is essential for a healthy lifestyle. Regular exercise strengthens the heart and lungs, while a diet rich in nutrients provides the fuel needed for physical activity. Staying hydrated and getting enough sleep are also key components of overall wellbeing.

Word bank: Heart rate · Stamina · Balanced diet · Aerobic · Muscle · Hydration · Pulse · Energy

1. Max is running fast! Which of these happens to your body when you exercise? A) Your heart rate slows down B) You feel sleepy C) Your heart beats faster* D) Your muscles shrink (1 mark)

2. True or False: A balanced diet means eating a variety of foods including fruits, vegetables, and proteins. (1 mark)

3. What is the name for the rhythm you can feel in your wrist or neck that tells you how fast your heart is beating? (1 mark)

4. Which of these is the best way to stay hydrated during a long game of tag? A) Fizzy drinks B) Water* C) Hot cocoa D) Soup (1 mark)

5. True or False: You should only exercise once a year to stay healthy. (1 mark)

6. What is 'stamina'? A) The ability to keep going for a long time* B) How high you can jump C) How fast you can sit still D) How loud you can shout (1 mark)

7. True or False: Muscles grow stronger when they are challenged by physical activity. (1 mark)

8. Fill in the blank: Eating a healthy breakfast gives your body the _____ it needs to start the school day. (1 mark)

9. If Max wants to improve his agility, which activity should he choose? A) Napping B) Obstacle course* C) Watching a film D) Reading a book (1 mark)

10. True or False: Getting enough sleep is an important part of fitness and recovery. (1 mark)

Draw: Draw a poster showing Max the monkey enjoying a healthy activity. Include labels for the healthy food he is eating and the exercise he is doing to stay fit.



Extension challenge: 1. Explain why your heart rate increases during a sprint compared to when you are sitting in class. 2. Compare and contrast the energy needs of a professional athlete versus someone who spends the day reading. 3. Justify why a balanced diet is more beneficial than eating only one type of food. 4. What might happen if a person never participated in any physical exercise? 5. Design a 30-minute fitness circuit for Year 4 students; describe the exercises and why they are effective. 6. If you were a scientist studying fitness, what experiment would you conduct to see how sleep affects reaction times?