

Max's Health and Fitness Fact-File

Learning objective: To identify the benefits of physical activity and healthy habits for the body.

Help Max the monkey learn about staying healthy! Read each heading and write your own ideas in the boxes below. Use the word bank if you need help with your spelling.

Word bank: exercise · heart · strong · energy · fruit · water · sleep · active

1. My Favourite Physical Activity: What exercise do you enjoy doing to keep your heart healthy? (e.g., running, swimming, dancing) (2 marks)

2. Feeling Active: How does your body feel after you have been running or playing games? Does it feel warm or fast? (2 marks)

3. Healthy Snacks: Max loves to eat healthy food. List two healthy snacks that give you lots of energy. (2 marks)

4. Rest and Recovery: Why is it important to have a good night's sleep after a busy day of exercise? (2 marks)

Extension challenge: Draw a picture of yourself doing your favourite exercise in the box below.