

Health and Fitness: The BookFlik Guide to Vitality

Learning objective: To understand the vocabulary of physical fitness, the importance of a balanced lifestyle, and the physiological effects of exercise.

Key Vocabulary

Use this vocabulary that to help you describe how your body works and feels during physical activity. The terms are grouped into three categories: 'The Mechanics of Movement', 'Heart and Lungs', and 'Wellbeing and Balance'.

Explain why your...	Compare and con...	Justify why hydra...
What might happ...	Define 'Wellbeing'...	If Max the monke...