

Max’s Health and Fitness Word Mat

Learning objective: To learn and understand key vocabulary related to health, fitness, and physical education.

Key Vocabulary

Read the words below to help you describe how your body works during exercise. Max the monkey has sorted these words into groups to help you remember them. You can use these words during your PE lessons.

What is the name ...	If you are good at...	Why is it importa...
How does your p...		