

Keeping Fit with Max and Leo

Learning objective: To understand how exercise affects our bodies and why we need to stay active.

Read each question carefully. Use the word bank to help you complete your sentences. Ask your teacher if you need help.

Word bank: heart · faster · energy · exercise · strong · active

1. Max the monkey loves to run. When he runs, his heart beats _____. (Fill in the blank) (1 mark)

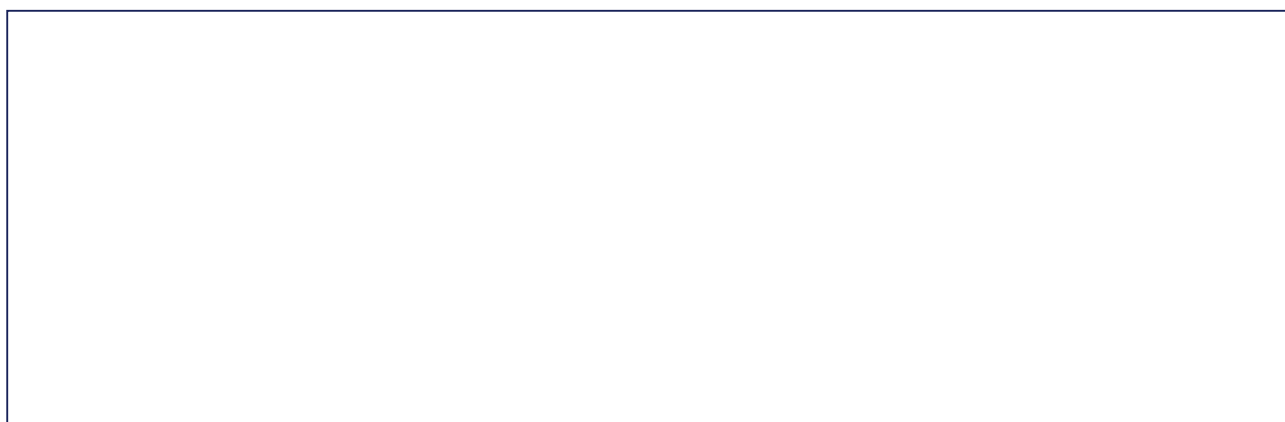
2. Why is it important to do exercise? Complete the sentence: Doing exercise helps make my muscles _____. (1 mark)

3. Leo the lion says we need food to give us _____ to play. Write the missing word. (1 mark)

4. List two activities you can do to keep your body healthy and active. (2 marks)

5. When you are very active, your body gets warm and you might breathe more deeply. Why does your body need to breathe more? (2 marks)

Draw: Draw a picture of you and your friends playing a game in the park that makes you run and get lots of exercise.



Extension challenge: Max the monkey ran for 10 minutes, rested for 5 minutes, and then ran for another 10 minutes. How many minutes did Max run in total?