

Max's Fitness Circuit Challenge

Learning objective: To understand the physical effects of exercise on the human body and identify different types of fitness activities.

Max the monkey is setting up a fitness circuit in the park! Follow the drawing prompt to create your scene, then complete the labels and questions to show how the body reacts to exercise.

Draw: Draw a scene in a park featuring Max the monkey leading a fitness circuit. Include at least three different activity stations (e.g., a skipping rope station, a stretching mat, and a hurdle jump). Draw a group of children participating in these activities. Use a bright, energetic style. Ensure you label the 'Heart rate' and 'Respiration' areas on one of the children to show how they are feeling after their exercise.



Label words: Heart rate · Pulse · Stamina · Respiration · Muscle strength · Flexibility · Cool down · Warm up

Steps:

1. Label your drawing to show which part of the body increases in speed when we exercise. What is this process called?
2. Why is it important to perform a 'warm up' before starting a high-intensity circuit? Use one of the words from the word bank in your answer.
3. Max is doing 20 star jumps. Name one other activity that helps build stamina.

4. If Max exercises for 30 minutes every day, how many minutes will he have exercised in one full week?
5. What happens to your breathing (respiration) when you exercise hard, and why does the body need this to happen?