

Class 5 PE: Fitness and Healthy Bodies

Learning objective: To understand the components of fitness, the importance of exercise, and how to measure physical activity levels.

Read the front of each flashcard to test your knowledge about fitness. Flip to the answer to check your understanding. These cards feature Max the monkey, who loves to turn exercise into a maths puzzle!

What is 'Cardiovascular Endurance'?

The ability of the heart and lungs to supply oxygen to the body during long periods of physical activity.

Why is a 'Warm-up' important before exercise?

It prepares the muscles for movement, increases heart rate, and helps to prevent injuries.

What is 'Flexibility'?

The range of motion around your joints, which helps you move easily without getting hurt.

How do you calculate your 'Pulse Rate'?

By counting the number of times your heart beats per minute, usually felt at the wrist or neck.

What is the purpose of a 'Cool-down' after a workout?

It helps the heart rate return to normal gradually and reduces muscle soreness.

Define 'Muscular Strength'.

The amount of force a muscle can exert against a resistance in one single effort.

What does 'Aerobic' exercise mean?

Exercise that uses oxygen to provide energy, such as jogging, swimming, or cycling for a long time.

Explain the term 'Agility'.

The ability to change the direction and position of your body quickly and effectively.

What is 'Recovery' in a fitness context?

The time taken for the body to return to its resting state after physical exercise.

Why is 'Anaerobic' exercise different from aerobic?

Anaerobic exercise involves short, intense bursts of energy where the body cannot supply oxygen fast enough, such as sprinting.

According to Max the monkey, why should we track our fitness?

To see how our bodies improve over time and to set new personal goals for our health.

What is the recommended amount of daily physical activity for children?

At least 60 minutes of moderate to vigorous physical activity every day.