

Max's Fitness Challenge Log

Learning objective: To identify, plan, and evaluate physical activities that improve cardiovascular health and muscular strength.

Max the monkey wants you to get moving! Use this fitness log to plan your weekly activities. Think about how your heart rate changes during exercise and how it helps your body become stronger. Fill in the boxes to track your progress and reflect on your physical fitness.

Word bank: Cardiovascular · Heart rate · Stamina · Flexibility · Muscular strength · Endurance · Recovery · Energy

1. My Fitness Goals: What specific physical activities do you want to improve at this week? Explain why you chose these exercises. (2 marks)

2. The Warm-Up: Describe two exercises you will perform to prepare your muscles and increase your heart rate before your main activity. (2 marks)

3. Activity Record: Choose one high-intensity activity. Describe how your body feels (e.g., breathing, temperature, heart rate) during and after the exercise. (3 marks)

4. Muscular Strength: List one exercise you will do to build strength and explain which muscle group it targets. (2 marks)

5. Reflection: How did you feel after completing your fitness session? Did you notice any improvement in your stamina compared to last time? (3 marks)

Extension challenge: Create a 'Fitness Circuit' map for Max the monkey. Draw a sequence of five different stations and label the type of fitness each station improves (e.g., jumping for stamina, planks for core strength).