

## Max's Heart-Rate Fitness Challenge

*Learning objective: To understand how physical activity affects the human body and recognise the importance of a balanced lifestyle for health and fitness.*

Max the monkey is helping his friends track how their heart rates change during exercise. Complete the 'Sorting and Sequencing' activity below by placing the physical activities in order of intensity (low to high), then decide if the statements about health are True or False. For the True/False section, you must provide a reason for your answer.

*Word bank: Resting Heart Rate · Cardiovascular · Endurance · Intensity · Recovery · Pulse*

**1. 1. Sequence these activities from lowest to highest intensity: A) Sprinting, B) Stretching, C) Brisk walking, D) Playing football. (2 marks)**

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**2. 2. True or False: Exercising makes your heart muscle weaker over time. Explain your reasoning. (2 marks)**

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**3. 3. True or False: Your heart rate should immediately return to its resting rate the second you stop running. Explain why. (2 marks)**

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**4. 4. Max says you need to spend money to be fit. If a skipping rope costs £4.50 and a set of cones costs £6.75, what is the total cost to set up this activity? Is this necessary for fitness? Explain. (2 marks)**

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**5. 5. List two physical changes you notice in your body after five minutes of intense exercise. (2 marks)**

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**Draw:** Draw a diagram showing Max the monkey checking his pulse on his wrist after a busy afternoon of climbing trees. Label the 'heart' and the 'pulse point'.



*Extension challenge: Research and write a short paragraph explaining why a 'cool down' period is just as important as a 'warm up' before and after intense physical activity.*