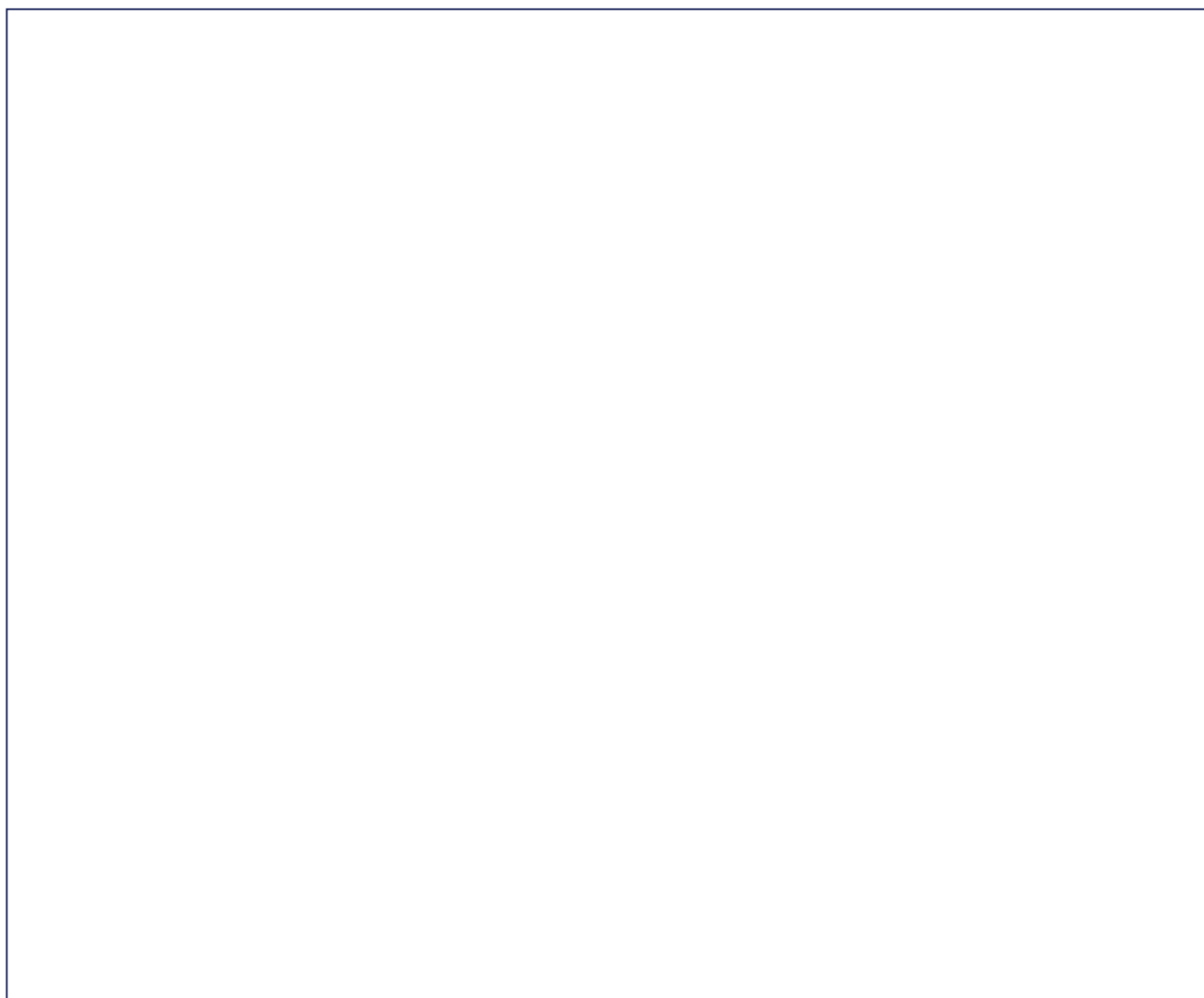


Max's Active Adventures: Mapping My Fitness

Learning objective: To identify and illustrate how physical activity affects the body and to understand the components of a healthy, active lifestyle.

Max the monkey is getting ready for a big day of exercise! Use this sheet to draw a picture of yourself or a friend being active, then use the labels provided to show what is happening inside the body during exercise.

Draw: Draw a dynamic, full-body scene of someone engaged in an active sport. Use clear, bold lines. Include space around the figure to draw lines pointing to specific body parts to serve as labels. The style should be encouraging and energetic, showing movement through action lines.



Label words: Increased Heart Rate · Oxygen · Muscles · Endorphins · Joints · Lungs · Sweat

Steps:

1. Step 1: Draw a person performing a favourite physical activity (e.g., running, swimming, or dancing). Label the 'Muscles' being used during this activity.
2. Step 2: Draw an arrow pointing to the chest area. Label this 'Lungs' and explain in one sentence why they work faster during exercise.
3. Step 3: Draw a small sun or happy face near the person. Label this 'Endorphins' and describe how exercise affects your mood.

4. Step 4: Label the 'Joints' (such as knees or elbows) that are helping the person move in your drawing.
5. Challenge: If a sports club costs £3.50 per session, how much would it cost to attend four sessions? Show your calculation.