

Max's Marathon of Health and Fitness

Learning objective: To understand the importance of physical activity, a balanced diet, and the impact of exercise on the human body.

Help Max the monkey solve these fitness puzzles! Read each question carefully and select the best answer to show off your healthy lifestyle knowledge.

Answer Key: 1.C, 2.True, 3.Pulse, 4.B, 5.True, 6.A, 7.False, 8.B, 9.True, 10.Calcium. Max's top tip: Remember that staying active for at least 60 minutes a day keeps your heart strong and your brain ready to learn!

Word bank: Cardiovascular · Protein · Endurance · Hydration · Flexibility · Pulse · Nutrients

1. 1. Which of these is a great way to improve your cardiovascular fitness? A) Sitting still B) Reading a book C) Running or swimming* D) Sleeping (1 mark)

2. 2. True or False: Your heart is a muscle that gets stronger with regular exercise. (1 mark)

3. 3. What do we call the rhythmic thumping you can feel in your wrist after exercise? (1 mark)

4. 4. How much daily physical activity does the UK government recommend for children your age? A) 10 minutes B) 60 minutes* C) 5 hours D) 24 hours (1 mark)

5. 5. True or False: Eating a balanced diet helps provide the energy you need for sports. (1 mark)

6. 6. Which nutrient is most important for repairing and building muscle? A) Protein* B) Sugar C) Salt D) Fat (1 mark)

7. 7. True or False: You should only drink water when you feel extremely thirsty during a game. (1 mark)

8. 8. Why is it important to warm up before exercise? A) To make you tired B) To prepare muscles and prevent injury* C) To finish the lesson faster D) To change your kit (1 mark)

9. 9. True or False: Flexibility exercises, like stretching, help your joints move through their full range of motion. (1 mark)

10. 10. Fill in the blank: Dairy products like milk and yoghurt contain _____, which is essential for healthy, strong bones. (1 mark)

Draw: Draw a poster for Max the monkey showing your favourite way to stay active, _____ including a healthy snack you enjoy eating afterwards.



Extension challenge: Research a sport you have never played before. Write three sentences explaining how playing that sport would improve your fitness, such as increasing your speed, strength, or heart health.