

Max's Health and Fitness Training Log

Learning objective: To understand the importance of physical activity and healthy lifestyle choices for maintaining personal fitness.

Max the monkey wants to keep his heart healthy and his muscles strong. Use this training log to track your own physical activity for the week. Fill in the boxes to reflect on how exercise makes you feel and what healthy habits you are building.

Word bank: Cardiovascular · Endurance · Stamina · Heart rate · Pulse · Nutrition · Hydration · Well-being · Flexibility · Aerobic

1. My Weekly Movement: List three different physical activities you have participated in this week and describe how they made your body feel. (3 marks)

2. The Science of the Heart: Explain what happens to your pulse rate when you take part in vigorous exercise compared to when you are resting. (2 marks)

3. Fuel for Fitness: Why is it important to drink water and eat a balanced diet when you are training or playing sports? (2 marks)

4. Goal Setting: Think of one fitness goal you would like to achieve (e.g., running further, improving flexibility). How will you work towards it? (2 marks)

5. Recovery and Rest: Why is sleep and rest just as important for your fitness as the exercise itself? (2 marks)

Extension challenge: Research a sport or physical activity you haven't tried before. Write a short paragraph explaining the skills required and the health benefits of taking part in that specific activity.