

Max’s Health and Fitness Word Mat

Learning objective: To understand and use key vocabulary related to physical health, exercise, and bodily functions.

Key Vocabulary

Use this word mat to help you describe your physical activity and understand how your body works. Categorise your learning into three sections: Movement, The Body, and Wellbeing.

Max the monkey ...	Explain the differ...	Why is 'hydration'...
Define 'agility' an...	If you are 'resilien...	