

Health and Fitness with Max the Monkey

Learning objective: To understand the components of physical fitness, the importance of a balanced lifestyle, and how exercise affects the human body.

Read each question carefully and use your knowledge of health and fitness to provide detailed answers. Remember to show your working for any calculations.

Max the Monkey is training for the Great Forest Obstacle Course. To succeed, he needs to improve his physical fitness through regular exercise and healthy choices. He knows that fitness isn't just about speed; it's about strength, heart health, and keeping his body fuelled correctly.

Word bank: cardiovascular · stamina · flexibility · heart rate · endurance · balanced diet · recovery · metabolism

1. Max needs to improve his cardiovascular fitness for the long run. Define what 'cardiovascular fitness' means and explain one way he can improve it. (2 marks)

2. Before starting his training, Max's resting heart rate is 70 beats per minute. After 10 minutes of running, it rises to 135 beats per minute. Calculate the total increase in his heart rate. (2 marks)

3. Why is it important for Max to have a 'balanced diet' rather than just eating lots of sugary snacks while training? Give two reasons. (2 marks)

4. If Max buys a healthy smoothie for £2.45 and a bag of mixed nuts for £1.60, how much change will he get from a £5.00 note? (2 marks)

5. Explain why 'flexibility' is a vital component of fitness for someone doing an obstacle course. (2 marks)

Draw: Draw a poster showing Max the Monkey participating in three different types of physical activities: one for strength, one for flexibility, and one for cardiovascular health.



Extension challenge: Research and write a short paragraph explaining the 'recovery' phase of exercise. Why is sleep just as important as the exercise itself for building muscle and improving fitness?