

Max's Marathon of Movement: Designing a Fitness Circuit

Learning objective: To understand the components of physical fitness and design a balanced exercise circuit that incorporates cardiovascular endurance, muscular strength, and flexibility.

Max the monkey is planning a jungle fitness circuit! He needs your help to build a balanced routine. Use the word bank to fill in the blanks for each station, then explain why Max needs a variety of exercises to achieve peak physical condition.

Word bank: cardiovascular · flexibility · muscular strength · stamina · cool-down · warm-up

1. 1. Before starting, Max must perform a _____ to increase his heart rate and prepare his muscles for activity. (1 mark)

2. 2. Jumping over logs helps improve Max's _____ endurance, which keeps his heart and lungs healthy. (1 mark)

3. 3. Swinging from low branches helps to build _____ in his arms and core. (1 mark)

4. 4. Stretching after the circuit is vital for maintaining _____ and preventing muscle soreness. (1 mark)

5. 5. Explain why it is essential for Max to include a variety of exercises rather than just focusing on one type of movement. (3 marks)

6. 6. Justify your answer: If Max were training for a long-distance race, how should he adjust his circuit compared to someone training for a short, powerful sprint? (3 marks)

Draw: Draw a map of Max's jungle fitness circuit. Label at least four different stations, clearly showing whether each station focuses on strength, speed, or flexibility.



Extension challenge: Design a 'Fitness Budget' challenge: Max has £50 to buy equipment for his circuit. Cones cost £5 each, skipping ropes are £8 each, and agility mats are £12 each. Create a shopping list for your circuit that uses exactly £50. Justify why you chose these specific items to improve overall fitness.