

Year 5 Fitness and Health: The Active Body

Learning objective: To understand the components of physical fitness, the body's response to exercise, and the importance of a healthy, active lifestyle.

Use these flashcards to test your knowledge of how the human body works during physical activity. Study the definitions and consider how each concept relates to Max the monkey's maths puzzles or Nova the owl's scientific observations.

Cardiovascular Endurance

The ability of the heart and lungs to supply oxygen to the body during sustained physical activity.

Pulse Rate

The number of times your heart beats per minute, which increases as you exercise to pump more blood to your muscles.

Flexibility

The range of motion available at a joint, which helps prevent injury and improves movement efficiency.

Muscular Endurance

The ability of a muscle or group of muscles to perform repetitive contractions against a force for an extended period of time.

Agility

The ability to change the position of the body in space with speed and accuracy.

Aerobic Exercise

Physical activity that uses oxygen to meet energy demands, usually performed at a steady intensity, such as jogging or swimming.

Anaerobic Exercise

Short, high-intensity bursts of activity where the body's demand for oxygen exceeds the supply, such as sprinting.

Recovery Time

The duration required for the heart rate and breathing to return to resting levels after physical exertion.

Coordination

The ability to use different parts of the body together smoothly and efficiently to complete a task.

Stamina

The physical or mental strength to keep going through a difficult or tiring activity for a long time.

Resting Heart Rate

The number of heartbeats per minute when a person is completely at rest; a lower rate often indicates good cardiovascular fitness.

Warm-up

A period of light exercise performed before a main activity to gradually increase body temperature and prepare muscles.