

Max's Magnificent Fitness Challenge

Learning objective: To understand the components of fitness, the effects of exercise on the body, and how to lead a healthy, active lifestyle.

Join Max the monkey as he trains for the Great Jungle Games! Read each question carefully and circle the best answer. Remember, Max thinks fitness is a puzzle—can you solve it?

Answer Key: 1. A, 2. True, 3. Cardiovascular, 4. B, 5. False, 6. Agility, 7. C, 8. True, 9. Strength, 10. D. Max reminds us that a healthy heart is the engine of the body. Always warm up to prepare your muscles and cool down to help your heart rate return to its resting state.

Word bank: Cardiovascular · Endurance · Flexibility · Stamina · Pulse · Recovery · Agility · Strength

1. Which of these is a measure of how well your heart and lungs work during exercise? A) Cardiovascular endurance*, B) Flexibility, C) Agility, D) Strength (1 mark)

2. True or False: Your pulse rate increases when you exercise because your muscles need more oxygen. (1 mark)

3. What is the word for the ability to keep performing an activity for a long period without getting tired? (1 mark)

4. Why is it important to warm up before PE? A) To get tired quickly, B) To prepare muscles and reduce injury*, C) To save time, D) To practice standing still (1 mark)

5. True or False: 'Flexibility' refers to how much weight you can lift in the gym. (1 mark)

6. If you are dodging obstacles quickly in a game of tag, which component of fitness are you using? (1 mark)

7. How much physical activity does the NHS recommend children aged 5-18 do each day? A) 10 minutes, B) 30 minutes, C) 60 minutes*, D) 5 hours (1 mark)

8. True or False: A healthy diet provides the energy needed to perform well in physical activities. (1 mark)

9. What component of fitness helps you push or pull heavy objects? (1 mark)

10. 10. Which is a sign that your body is recovering after exercise? A) Your face turns bright red, B) You feel dizzy, C) You cannot breathe, D) Your heart rate gradually slows down* (1 mark)

Draw: Draw a poster showing Max the monkey performing three different types of exercise: one for strength, one for flexibility, and one for cardiovascular endurance.



Extension challenge: 1. Explain why a professional athlete needs a different fitness plan than someone who exercises only for fun. 2. Compare and contrast 'stamina' and 'strength'; how might an activity require both? 3. Justify your answer: Why is it important to maintain a healthy lifestyle throughout your entire life, rather than just during PE lessons? 4. What might happen to your performance in a football match if you ignored your cardiovascular fitness? 5. Design a 15-minute 'Active Break' routine for your classroom, including at least three different components of fitness. 6. How does tracking your pulse help you understand the intensity of your workout?