

Max's Fitness Log: Tracking My Physical Performance

Learning objective: To monitor and evaluate personal physical progress, understanding the impact of different types of exercise on the body.

Max the monkey loves to keep track of his monkey business! Use this log to record your fitness activities for the week. Be honest about your effort levels and think carefully about how your body feels after participating in different sports or physical challenges. Fill in each section with detail to show you understand how your heart and muscles respond to movement.

Word bank: stamina · flexibility · cardiovascular · intensity · recovery · endurance · respiration · coordination · muscular strength · pulse rate

1. Activity Overview: Describe the specific physical activities you participated in this week. Include the duration and the type of movement involved (e.g., aerobic, strength-based). (2 marks)

2. Physiological Response: How did your body feel immediately after the activity? Explain the changes you noticed in your breathing and pulse rate. (3 marks)

3. Justify your answer: Why is it important to perform a warm-up before starting an intense physical activity? Refer to your muscles and joints. (3 marks)

4. Compare and contrast: How does a slow-paced activity, such as stretching, differ from a high-intensity activity like sprinting in terms of the body's requirements? (4 marks)

5. Explain why: Based on your results this week, explain why consistent exercise is beneficial for long-term health and physical stamina. (3 marks)

6. What might happen if: If you were to stop all physical activity for a month, how might your performance levels and overall health be affected? Predict the consequences. (4 marks)

Extension challenge: Design a new 15-minute circuit training routine that targets three different areas of fitness: cardiovascular health, muscular strength, and flexibility. Write a brief justification for why each chosen exercise is effective for a Year 5 student.