

Max's Marathon of Movement: A Fitness Design Challenge

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

Max the monkey is planning a week-long fitness circuit for the forest animals. Using the word bank provided, complete the exercise design table by matching the activity to the correct fitness component. Then, answer the analytical questions to explain your reasoning for your choices.

Word bank: Cardiovascular endurance · Muscular strength · Flexibility · Agility · Core stability · Heart rate

1. 1. If Max wants to improve his 'Cardiovascular endurance' for climbing tall trees, which activity should he choose and why? Justify your answer using the term 'heart rate'. (3 marks)

2. 2. Explain why a balanced fitness plan must include 'Flexibility' exercises alongside 'Muscular strength' exercises. What might happen if an athlete only focused on strength? (3 marks)

3. 3. Compare and contrast 'Agility' and 'Muscular strength'. How do these two components assist a gymnast or a footballer differently? (3 marks)

4. 4. Design a 10-minute warm-up for Max. List three specific movements and identify which fitness component each one targets. (3 marks)

5. 5. Max decides to buy new equipment for the forest gym. He has £50.00. If a resistance band costs £8.50 and a set of agility cones costs £12.75, how much change will he have left? Show your working. (2 marks)

6. 6. Justify your answer: Why is it important to track your heart rate before, during, and after a high-intensity interval training (HIIT) session? (2 marks)

Draw: Draw a diagram of your custom-designed 'Forest Fitness Circuit'. Label at least four different stations (e.g., 'The Vine Swing' for strength) and indicate which fitness component each station is designed to improve.



Extension challenge: Write a persuasive paragraph addressed to your classmates. Explain why incorporating a variety of physical activities is more beneficial for long-term health than focusing on just one type of exercise. Use scientific vocabulary such as 'aerobic', 'anaerobic', and 'muscular hypertrophy'.