

Year 5 Health and Fitness Assessment: The Active Adventure

Learning objective: To evaluate understanding of physical health, the impact of exercise on the body, and the importance of a balanced lifestyle.

Read each question carefully. Use your scientific knowledge to provide detailed, accurate answers. Ensure you use specific terminology where appropriate.

Max the monkey is training for the Great Jungle Obstacle Course. He knows that to perform at his best, he must balance his intense daily training with nutritious meals and plenty of rest. Meanwhile, Nova the owl has been researching how the heart and lungs work together to provide oxygen to muscles during movement. They want to ensure they stay healthy, avoid injury, and maintain high energy levels throughout the competition.

Word bank: cardiovascular · respiration · metabolism · stamina · nutrients · flexibility · endurance · hydration

1. Max notices his heart rate increases significantly while climbing. Explain why the heart beats faster during physical exercise. (2 marks)

2. Identify two distinct physical benefits of maintaining regular cardiovascular exercise. (2 marks)

3. Compare and contrast the nutritional needs of a child who is sedentary versus one who participates in competitive sports. Justify your answer. (3 marks)

4. Why is hydration essential for the body during prolonged physical activity? Explain the potential consequences of failing to stay hydrated. (3 marks)

5. Nova states that 'rest is just as important as the exercise itself.' Justify this statement by explaining the role of recovery in muscle growth and injury prevention. (4 marks)

6. If a local sports centre offered a membership for £15.00 per month, and a family of four wanted to join for 6 months, calculate the total cost. If the centre offers a 10% discount for families, what would the final price be? (3 marks)

7. Extended Writing: Design a balanced weekly health plan for a Year 5 student. Include specific examples of physical activity, types of food for energy, and the importance of sleep. Explain why this routine would lead to a healthier lifestyle. (5 marks)

Draw: Draw a diagram of a human body in motion, labelling three areas that are affected by physical exercise (e.g., lungs, heart, muscles).



Extension challenge: Total: /25. What might happen to a person's long-term health if they ignore the principles of balanced nutrition and exercise? Provide a reasoned argument for your conclusion.