

Max's Fitness Adventure: Mapping the Human Body in Motion

Learning objective: To identify and understand the impact of physical activity on the human body, specifically the cardiovascular and muscular systems.

Max the monkey is training for the Great Jungle Marathon! Use the word bank to label the body parts and physiological changes that occur when we exercise. Follow the drawing prompt to illustrate how our bodies respond to movement.

Draw: Draw a full-body silhouette of a child athlete mid-sprint. Use a clean, anatomical style. Include an 'X-ray' style inset circle showing the heart beating (add small motion lines) and the lungs expanding. Ensure the arm and leg muscles are clearly defined so that labels can be drawn pointing to the biceps and quadriceps. Use vibrant colours to represent energy and movement.



Label words: Cardiac Muscle · Biceps · Quadriceps · Lungs · Sweat Glands · Oxygenated Blood · Pulse Rate · Respiration

Steps:

1. Explain why your heart rate increases during a vigorous game of tag. Refer to the body's need for oxygen.
2. Compare and contrast the function of the biceps and the quadriceps during a sprint.

3. Justify your answer: Why is it important to include a 'cool down' period after intense physical exercise?
4. Label the diagram: Draw an arrow pointing to the heart and label it 'Cardiac Muscle'.
5. What might happen if the human body could not regulate its temperature through sweating?
6. Describe the relationship between the respiratory system and the muscular system during a 100-metre dash.