

Health and Fitness Mastery with Max and Nova

Learning objective: To understand the components of physical fitness, the physiological effects of exercise, and the importance of a balanced lifestyle for Year 5 pupils.

Use these flashcards to test your knowledge of health and fitness. Max the monkey has provided the numerical challenges, while Nova the owl has focused on the science behind your body's performance.

Cardiovascular endurance

The ability of the heart and lungs to supply oxygen to the body during sustained physical activity.

Muscular strength

The amount of force a muscle can exert against a resistance in a single effort.

Flexibility

The range of motion available at a joint, which helps prevent injury during movement.

Resting heart rate

The number of times your heart beats per minute while you are completely at rest.

Aerobic exercise

Physical activity that uses oxygen to meet energy demands, such as jogging or swimming, usually for a long duration.

Anaerobic exercise

Short, intense bursts of energy where the body does not rely on oxygen, such as sprinting or weightlifting.

Agility

The ability to change the body's position quickly and efficiently, requiring coordination and balance.

Hydration

The process of replacing water lost through sweat during exercise to maintain body temperature and performance.

Recovery

The period following exercise where the body repairs tissues and replenishes energy stores.

Metabolism

The chemical processes that occur within a living organism to maintain life, converting food into energy.