

Max's Marathon of Health: A Year 5 Fitness Challenge

Learning objective: To understand the components of physical health, the importance of a balanced lifestyle, and the physiological effects of exercise.

Max the monkey is getting ready for a jungle fun run! Help him prepare by answering these 10 questions about health and fitness. Read carefully and think like a scientist.

Answer Key: 1. B, 2. True, 3. Cardiovascular, 4. B, 5. False, 6. Flexibility, 7. A, 8. True, 9. Hydration, 10. Proteins. Max reminds you: always cool down after exercise to help your muscles recover!

Word bank: Cardiovascular · Endurance · Flexibility · Nutrition · Rest · Pulse · Hydration · Protein

1. 1. What happens to your heart rate when you exercise? A) It slows down B) It increases* C) It stays the same D) It stops (1 mark)

2. 2. True or False: Regular physical activity can improve your mental wellbeing and mood. (1 mark)

3. 3. What is the technical term for the system involving your heart, blood, and lungs? (1 mark)

4. 4. Which of these is a benefit of a warm-up? A) It makes you tired B) It prepares muscles and prevents injury* C) It saves time D) It isn't necessary (1 mark)

5. 5. True or False: You should only drink water when you feel extremely thirsty during a game. (1 mark)

6. 6. Which component of fitness is most improved by activities like yoga or gymnastics? (1 mark)

7. 7. How many minutes of moderate physical activity does the UK government recommend for children per day? A) 60 minutes* B) 10 minutes C) 5 minutes D) 120 minutes (1 mark)

8. 8. True or False: Sleep is an essential part of a healthy fitness routine. (1 mark)

9. 9. What is the process of replacing fluids lost through sweat called? (1 mark)

10. 10. Which macronutrient is most important for repairing muscle tissue after hard exercise? A) Fats B) Sugars C) Proteins* D) Acids (1 mark)

Draw: Draw a poster for Max the monkey showing three different ways to stay active during the school day, such as walking to school, playing tag, or dancing.



Extension challenge: Greater Depth Questions: 1. Explain why a balanced diet is just as important as physical exercise for a healthy lifestyle. 2. Compare and contrast 'anaerobic' exercise (short bursts) and 'aerobic' exercise (sustained activity). 3. Justify your answer: Why might an athlete's resting heart rate be lower than someone who is inactive? 4. What might happen to a person's performance if they consistently skip their cool-down routine? 5. Design a weekly fitness plan for someone who wants to improve their endurance. 6. How does the body use energy from food during a long-distance run?