

Max's Peak Performance Personal Fitness Plan

Learning objective: To identify the components of a healthy lifestyle and evaluate the impact of regular exercise on the human body.

Max the monkey believes that fitness is like a complex maths puzzle where every choice counts. Use this template to analyse your current activity levels and design a plan for a healthier week. Consider the balance between cardiovascular exercise, strength, and rest.

Word bank: Cardiovascular · Endurance · Flexibility · Stamina · Metabolism · Hydration · Recovery · Pulse rate · Nutrients · Well-being

1. Current Activity Audit: List three physical activities you currently participate in and explain how each one elevates your heart rate. (3 marks)

2. The Science of Fuel: Max suggests that what we eat powers our movement. Justify why a balanced diet is essential for sustaining physical performance during a high-intensity session. (3 marks)

3. The Rest-Activity Ratio: Compare and contrast the importance of active exercise and periods of rest. Why is recovery just as vital as the movement itself? (4 marks)

4. Hypothesis Testing: What might happen to a person's stamina if they significantly increased their cardiovascular activity but neglected their sleep and hydration? (4 marks)

5. Target Setting: Define one specific, measurable fitness goal for the coming week. Explain how you will track your progress towards this target. (3 marks)

6. Critical Evaluation: If a friend claimed that 'doing exercise once a month is enough to stay healthy', how would you use scientific evidence to challenge this perspective? (4 marks)

Extension challenge: Design a 'Fitness Log' table for the next seven days. Include columns for the type of exercise, the duration in minutes, and a self-assessment of your energy levels before and after the activity. Write a concluding paragraph evaluating whether your chosen activities were sufficient to meet the UK Chief Medical Officer's guidelines for physical activity for children.