

Year 5 Health and Fitness: The Athletic Explorer's Mat

Learning objective: To develop a sophisticated vocabulary for describing physical activity, physiological responses, and the components of fitness.

Key Vocabulary

Use this reference mat to support your understanding of how the body functions during exercise. Terms are categorised into 'Physiology', 'Components of Fitness', and 'Well-being'.

Explain why a lo...	Compare and con...	Justify why 'hydr...
What might happ...	Define 'agility' an...	If Max the monke...