

Max's Fitness Circuit Challenge

Learning objective: To understand the components of physical fitness and how different exercises affect the body.

Max the monkey has designed a fitness circuit to help his friends stay active. Read the definitions below and match the correct fitness component from the word bank to the exercise description. Then, write one reason why that exercise helps your body.

Word bank: Cardiovascular Endurance · Muscular Strength · Flexibility · Agility · Muscular Endurance

1. 1. Max does 30 sit-ups without stopping to keep his tummy muscles working for a long time. Which component is this? (2 marks)

2. 2. Finn the dolphin swims laps in the pool for 20 minutes to keep his heart and lungs healthy. Which component is this? (2 marks)

3. 3. Zara the zebra stretches her legs into a perfect split to reach high leaves. Which component is this? (2 marks)

4. 4. Kit the fox zig-zags quickly through a line of cones to avoid being tagged. Which component is this? (2 marks)

5. 5. Leo the lion lifts a heavy log to build power in his arms. Which component is this? (2 marks)

Draw: Draw a picture of Max the monkey leading an exercise session in the jungle. Label one part of the body that is being used in his exercise (e.g., biceps, heart, or leg muscles).



Extension challenge: Max wants to buy some new skipping ropes for the group. If one skipping rope costs £4.50 and he buys 6 of them, how much does he spend in total? Show your math working out.