**Physical Education Class Discussion Questions**

**Physical Activity & Personal Health**

**Question Set 1**

1. What do you know about health-related fitness?
2. What do you know about each of the components of health-related fitness?
3. Why is it important to understand and be aware of our health-related fitness?
4. How is a physically active lifestyle related to health-related fitness?

**Question Set 2**

1. What do you know about skill-related fitness?
2. What do you know about each of the components of skill-related fitness?
3. Why is skill-related fitness important for our everyday lives?
4. How is skill-related fitness related to my personal safety and wellbeing?

**Question Set 3**

1. What would you include on a list of barriers to daily physical activity?
2. What are some ways we can overcome those barriers?
3. It can be easier to participate in activities that you’re interested in. What physical activities are you most interested in?
4. Complete the Personal Pursuit Worksheet with a focus on building a physically active lifestyle.

**Social & Emotional Health**

**Question Set 1 (Believe in You, Episode 1-S1: Kevin Atlas)**

1. What does Kevin mean when he says that we all have a “nub” that we have to embrace?
2. In what ways can you elevate yourself?
3. How will your self-improvement elevate your community?

**Question Set 2 (Believe in You, Episode 2-S1: Mark Henry)**

1. Mark Henry used his enthusiasm for weightlifting as a way to control his emotions and work toward positive goals. What activity are you enthusiastic about and could help you control emotions and work in a positive way?
2. Enthusiasm is a mixture of desire and passion. In what ways can you share your enthusiasm with others?
3. What will you do today to be an enthusiastic role model for younger students?

**Question Set 3 (Believe in You, Episode 3-S1: Dude Be Nice)**

1. What is constructive language?
2. How is using constructive language and showing encouragement related to respect?
3. Who in your community is worth of a Dude Be Nice project? Why did you pick that person?