

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?