**Physical Education Class Discussion Questions**

**Physical Activity & Personal Health**

**Question Set 1**

1. What is physical activity?
2. What is health?
3. How does physical activity help you stay healthy?

**Question Set 2**

1. What are 3 physical activities that you really enjoy?
2. What do you need in order to participate in those activities? (Think about equipment and space.)
3. What could you say to a friend or family member to encourage them to be physically active with you?

**Question Set 3**

1. What is wellness?
2. How is wellness different from health?
3. How is it the same?

**Social & Emotional Health**

**Question Set 1**

1. What does trustworthy mean?
2. How can you show your classmates and teachers that you’re trustworthy?
3. How is respecting personal space related to being trustworthy?

**Question Set 2**

1. What is enthusiasm?
2. What does enthusiasm look like?
3. Who do you know who is enthusiastic? What about that person tells you that they are enthusiastic?

**Question Set 3**

1. What is encouragement?
2. Can you make a list of encouraging things you can say to a friend?
3. How is encouragement related to a person’s enthusiasm?