**Physical Education Class Discussion Questions**

**Physical Activity & Personal Health**

**Question Set 1**

1. What would you include on a list about physical activity?
2. How does physical activity affect your personal health?

**Question Set 2**

1. What is Health-Related Fitness?
2. What are the components of Health-Related Fitness?
3. How does physical activity affect your fitness?

**Question Set 3**

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. How can you change those activities so you can do them at home or at school?
4. Create a short conversation that you could have with a family member that will help you ask them for help in participating in your favorite physical activities.

**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 do you know about enthusiasm?
3. How would you describe a person who is 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?