

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?