**Physical Education Class Discussion Questions**

**Physical Activity & Personal Health**

**Question Set 1**

1. What would you put on a list about health?
2. What did you do this week to help you stay healthy?
3. How is physical activity related to good physical and mental health?

**Question Set 2**

1. How would you describe something that is balanced?
2. How does balance affect the way that you stand? The way that you move?
3. How is balance related to safety?

**Question Set 3**

1. What are the 5 components of fitness?
2. What do you know about each component?
3. What components are required for Loop Laps activities?

**Question Set 4**

1. What health-related fitness component is related to each of our loopy laps activities?
2. What other activities can you do to improve your fitness?

**Social & Emotional Health**

**Question Set 1**

1. What is courage?
2. How do you show the world that you’re courageous?

**Question Set 2**

1. What does motivation mean?
2. What do you notice about someone who is motivated?

**Question Set 3**

1. How would you describe feeling relaxed?
2. How can you help your mind and body feel more relaxed?

**Question Set 4**

1. What does the word purpose mean?
2. How can you move your body with purpose?