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?