

## 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?

