**Physical Education Class Discussion Questions**

**Physical Activity & Personal Health**

**Question Set 1**

1. What is the FITT Principle?
2. What do you know about Frequency, Intensity, Time, and Type?
3. How would you apply the FITT Principle into a physically active lifestyle?

**Question Set 2**

1. How can you tell how intense an activity or exercise is?
2. How does exercise intensity affect your heart rate?
3. How can you use pacing in order to keep your heart rate within a heart healthy zone? Can you give an example?

**Question Set 3**

1. How would you describe a day that includes 60-minutes of physical activity?
2. How might being physically active affect your mental and emotional health?
3. How could you adapt one of your daily routines in order to get more physical activity into your schedule?

**Question Set 4**

1. What are the health benefits of wellness walking?
2. How does the health benefits of wellness walking compare to those of another physical activity choice?
3. What could you say to convince someone to include wellness walking into their daily physical activity routine?

**Social & Emotional Health**

**Question Set 1**

1. What is courage?
2. How do demonstrate courage in your life?

**Question Set 2**

1. What does motivation mean?
2. What things can you say to help motivate friends and family members?

**Question Set 3**

1. What do you know about optimism?
2. How does optimism affect our behavior?

**Question Set 4**

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