

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?

