

Physical Education Class Discussion Questions

Physical Activity & Personal Health

Question Set 1

- 1) What would you put on a list about health?
- 2) Can you remember what helps us stay healthy?
- 3) What did you do this week to help you stay healthy?

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?

Question Set 3

- 1) What does your heart do?
- 2) What do you know about your heart?
- 3) How is exercise related to your heart?

Question Set 4

- 1) How can you tell if someone is being safe in physical education class?
- 2) How does being safe help us have more fun when we're physically active?

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?

