**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 could you change the activities we’ve done in physical education to make the more or less intense?

**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. How do you perform High-5 Breathing? How do you perform Equal Breathing?
2. How can you apply these breathing techniques into your daily life?
3. How is mindful breathing related to mental and emotional health?

**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?