

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?

