**Physical Education Class Discussion Questions**

**Physical Activity & Personal Health**

**Question Set 1**

1. What do you know about fitness?
2. Can you list different ways to improve fitness?
3. What activities do you enjoy that help improve or maintain personal fitness?

**Question Set 2**

1. What are the 5 food groups?
2. What do you know about each food group?
3. Why is it important to eat foods from each food group?

**Question Set 3**

1. What is 1 activity that you selected as a part of your CYO HIIT routine? Why did you choose that activity?
2. What is 1 nutritious food that you selected as a part of your DIY Fortune Teller? Why did you choose that food?
3. How does physical activity and healthy eating improve your overall wellbeing?

**Social & Emotional Health**

**Question Set 1**

1. Who at home or at school can help you be physically active every day?
2. Is there anyone that you spend time with that needs help being physically active every day?
3. What can you do to encourage that person?

**Question Set 2**

1. What is self-talk?
2. How can you use self-talk to help stay motived to be healthy and active?

**Question Set 3**

1. Make a list of all of the physical activities that you enjoy.
2. How do the activities on that list affect your emotions?
3. What do you notice about your mood when you choose to be physically active?