

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 motivated 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?