**Physical Education Class Discussion Questions**

**Physical Activity & Personal Health**

**Question Set 1**

1. How does your body get energy for physical activity?
2. What do you know about fruit?
3. How does fruit help your body stay healthy?

**Question Set 2**

1. How does physical activity help your body stay healthy?
2. How does eating nutritious food help your body stay healthy?
3. Can you list all of the nutritious fruits and vegetables that you like?

**Question Set 3**

1. What physical activities do you enjoy that help your muscles get stronger?
2. What physical activities do you enjoy that help your heart stay healthy?
3. What foods did you eat in the past week that helped your body stay healthy?

**Social & Emotional Health**

**Question Set 1**

1. What is equal breathing?
2. Why are we practicing equal breathing?
3. How is equal breathing related to feeling relaxed?

**Question Set 2**

1. How can you recognize nervousness or anxiety?
2. What can you do when you start to feel nervous?

**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?