

## 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?