

## Physical Education Class Discussion Questions

### Physical Activity & Personal Health

#### Question Set for Lesson 1

- 1) What are the 4 components of the FITT Principle?
- 2) What do you know about each of the components?
- 3) How is the FITT Principle related to fitness planning?

#### Question Set for Lesson 2

- 1) What are the 5 food groups?
- 2) What would you include on a list of foods for each group?
- 3) How are the food groups related to creating a healthy nutrition plan?

#### Question Set Lesson 3

- 1) What are the benefits of choosing nutritious food during mealtime and for snacks?
- 2) What are the benefits of choosing to be physically active every day?
- 3) How can you apply what you know about nutritious whole foods when choosing the foods that you eat?
- 4) How are nutrition and physical activity choices related?

### Social & Emotional Health

#### Question Set Lesson 1 (Urijah Faber – Believe In You S3:E4)

- 1) In this Believe In You episode, Urijah Faber says, “what you put in your body matters.” What does he mean by this?
- 2) Think about your own life. How would you benefit from healthy eating?
- 3) Let’s create a list of nutrition questions that we’d like to have answered. Choose 2 of these questions to research before next class.

#### Question Set Lesson 2 (Brayden Moreno – Believe In You S3:E5)

- 1) How does Kevin define the word anxiety?
- 2) What is 1 way that you can start to use failure and set-backs for self-improvement?
- 3) What is 1 way that you can start to build positive momentum in your life?

#### Question Set Lesson 3 (Geena the Latina – Believe In You S3:E6)

- 1) In this episode Geena says, “it’s important to feel the emotions, but not live in the emotions.” What do you think she means by that?
- 2) Geena also reminds us that being negative or being positive is a choice. How can you choose to be positive?