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 is 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?