

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 1

- 1) What health-enhancing physical activity options are available to you in our community?
- 2) What other resources are available that could help you plan and stick to a fitness and nutrition plan?
- 3) How are physical activity and nutrition related to your emotional health?

Question Set 2

- 1) How can you recognize positive language?
- 2) How can you apply positive language when writing GREAT Goals?
- 3) How is positive language related to motivation and perseverance?

Question Set 3

- 1) What are the positive consequences of regular physical activity and good nutrition choices?
- 2) What are the negative consequences of too little physical activity and poor nutrition choices?
- 3) How would you summarize the importance of nutrition and physical activity?