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 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?