**Skill-Related Fitness & Personal Health**

**Question Set 1**

1. What would you include on a list about physical agility?
2. How does agility affect the way that you move and play?
3. What are some ways that you can work to improve your agility?

**Question Set 2**

1. What do you know about physical balance?
2. When do you use balance?
3. How does balance help you do everyday activities and jobs?

**Question Set 3**

1. How would you describe coordination?
2. What are examples of activities that require coordination?
3. What are some ways that you can work to improve your coordination?

**Question Set 4**

1. What would you include on a list about physical power?
2. How do you demonstrate physical power?
3. What are some ways that you can work to improve your power?

**Question Set 5**

1. What do you know about reaction time?
2. When do you use reaction time?
3. How does reaction time help you in everyday activities and movements?

**Question Set 6**

1. What would you include on a list about physical speed?
2. How does speed affect the way that you move and play?
3. What are some ways that you can work to improve your speed?

**Social & Emotional Health**

**Question Set 1**

1. How would you describe emotional agility?
2. What does emotional agility look like in social settings?
3. How is emotional agility related to your behavior?

**Question Set 2**

1. What is emotional balance?
2. How does emotional balance affect your behavior?
3. How can you work to improve your emotional balance?

**Question Set 3**

1. What is emotional coordination?
2. How does emotional coordination affect the way that you treat other people?
3. How is emotional coordination helpful in building friendships?

**Question Set 4**

1. How would you describe emotional power?
2. What does emotional power look like in a goal-setting situation?
3. How is emotional power related to your behavior?

**Question Set 5**

1. What is emotional reaction time?
2. How does emotional reaction time affect your behavior?
3. How can you work to improve your emotional reaction time?

**Question Set 6**

1. What is speed?
2. How does emotional speed affect the way that you work toward your personal goals?
3. How is emotional speed helpful in building relationships?