

BALANCE & COORDINATION

DISCUSSION QUESTIONS

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?



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DISCUSSION QUESTIONS

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?

