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?