**Physical Activity & Personal Health**

**Question Set 1**

1. What does control mean?
2. What do you know about controlling a soccer ball?
3. How is your body control related to ball control in soccer?

**Question Set 2**

1. What is a target?
2. What do you know about passing to a target in soccer?
3. What are some of the different types of passes used in soccer and how are they used to gain an advantage for the offence?

**Question Set 3**

1. What is a challenge?
2. What have you learned that was a challenge for you?
3. How is grit related to personal challenges?

**Question Set 4**

1. What is a routine?
2. What routines do you have that help to enhance your personal wellbeing?

**Social & Emotional Health**

**Question Set 1**

1. What is self-care?
2. Why is self-care important?

**Question Set 2**

1. What is mindfulness?
2. When can you practice mindfulness?

**Question Set 3**

1. What is grit?
2. What does grit look like in your life?

**Question Set 4**

1. What is gratitude?
2. How does gratitude feel?