

SOCCER NATION

Class Discussion Questions

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?