

# MINUTE TO WIN

## Class Discussion Questions

### Physical Activity & Personal Health

#### Question Set 1

- 1) What does safe movement look like?
- 2) How can we control our speed and keep our balance while we move?

#### Question Set 2

- 1) What is force?
- 2) How does the force of a tap effect a balloon?

#### Question Set 3

- 1) Can you demonstrate a jump with a 2-foot takeoff and a 2-foot landing?
- 2) How much force should we use when trying to jump as far as we can?

#### Question Set 4

- 1) What is practice?
- 2) How can we continue to practice for field day?

### Social & Emotional Health

#### Question Set 1

- 1) What does it mean to be physically strong?
- 2) What does it mean to be mentally strong?

#### Question Set 2

- 1) What is agility?
- 2) What does agility look like?

#### Question Set 3

- 1) What is willpower?
- 2) What does willpower look like?

#### Question Set 4

- 1) What is bravery?
- 2) Can you think of an example of when you or someone you know demonstrated bravery?

