**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?