**Physical Activity & Personal Health**

**Question Set 1**

1. What is purposeful practice?
2. How can I use Volley Tabata drills to focus on purposeful practice?

**Question Set 2**

1. What is an action plan?
2. What would be include in an action plan for improve Square Court Game skills?

**Question Set 3**

1. How could you participate in Square Court Games outside of physical education class?
2. What could you say to a friend or family member that might convince them to try playing a Square Court Game with you?

**Question Set 4**

1. What other physical activities do you do (or could you do) when spending time with family and friends?
2. How does being physically active with others make you feel?

**Social & Emotional Health**

**Question Set 1**

1. What does encouragement sound like?
2. Why is it important to encourage others?

**Question Set 2**

1. What are 3 ways that you can demonstrate respect?
2. Why is it important to respect others?

**Question Set 3**

1. What are some words or phrases that help motive you?
2. What is an example of something you might say to help motivate a friend?

**Question Set 4**

1. What does kindness sound like?
2. Talk about a time when someone showed you kindness and give details about how it made you feel?