

# SQUARE COURT

## Class Discussion Questions

### 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 motivate 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?