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 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?