

Physical Education Class Discussion Questions

Physical Activity & Personal Health

Question Set 1

- 1) What is physical activity?
- 2) What is health?
- 3) How does physical activity help you stay healthy?

Question Set 2

- 1) What are 3 physical activities that you really enjoy?
- 2) What do you need in order to participate in those activities? (Think about equipment and space.)
- 3) What could you say to a friend or family member to encourage them to be physically active with you?

Question Set 3

- 1) What is wellness?
- 2) How is wellness different from health?
- 3) How is it the same?

Social & Emotional Health

Question Set 1

- 1) What does trustworthy mean?
- 2) How can you show your classmates and teachers that you're trustworthy?
- 3) How is respecting personal space related to being trustworthy?

Question Set 2

- 1) What is enthusiasm?
- 2) What does enthusiasm look like?
- 3) Who do you know who is enthusiastic? What about that person tells you that they are enthusiastic?

Question Set 3

- 1) What is encouragement?
- 2) Can you make a list of encouraging things you can say to a friend?
- 3) How is encouragement related to a person's enthusiasm?