Big Ideas/Big Questions for Phys. Ed

Is this as good as I’ll get?

How can I feel better about myself?

How do I know when I am healthy?

Why do I feel this way?

What makes us move is also what makes us think.

Is physical education/activity an extra?

Phys. Ed: Either you’re good or you’re not. True?

How will taking risks make me a better person?

Is your level of fitness anyone else’s concern?

Who defines “me?”

How does core strength make us stronger?

Increasing your components of fitness provides more success in skills for sports, activities, and quality of life.

Self-assessment for improvement of skills is important for lifelong participation.

What makes me want to be better?

How do you work in a group using team strategies to solve problems/obstacles that you haven’t encountered before?

How do you safely enjoy outdoor activities in which you live?

A well-balanced lifestyle can be developed through a variety of activities.

What does active mean?

What makes me want to do more and be more?

You need to have a level of personal care for your life.

How do I care for myself?

Show respect for others no matter their beliefs or abilities

How is culture linked to physical activity?

When is there an “I” in TEAM?

Where you are going is more important than how you get there.

How do rules change the way you play?

Fitness is a process not a product.

You must prepare to prevent.

Are you failing your body? Is your body failing you?

What makes a game worth playing?

When does competition cross the line?

What kind of practice “makes perfect”?

What feedback makes us improve?