

If have missed Wellness/Power Training/Adaptive PE for 1-2 days in a week please select one of the following questions to answer in a Google Doc. Please share that response with your teacher by 2pm on the Friday following your absence.

Your responses should be in your own words and generated by your own thoughts

Responses are expected to be a minimum of a half page, double spaced.

Fitness & Physical Health

- 1 Why is physical fitness important for people your age, and how can it impact your future health?
- 2 How does regular physical activity affect the body systems (heart, lungs, muscles, bones)?
- 3 What are the benefits of warming up and cooling down during exercise?
- 4 How can strength training benefit people beyond improving appearance?
- 5 Why is cardiovascular fitness important for everyday life activities?
- 6 How does flexibility training help prevent injuries and improve movement?
- 7 What role does rest and recovery play in a successful fitness routine?
- 8 How does nutrition support physical activity and athletic performance?
- 9 Why is it important to find physical activities you enjoy?
- 10 How can setting fitness goals help motivate long-term physical activity?

Mental & Emotional Health

- 11 How does exercise help manage stress and anxiety?
- 12 In what ways can physical activity improve mental health and mood?
- 13 Why is physical activity often recommended as a healthy coping strategy?
- 14 How can exercise help improve focus and performance in school?
- 15 How does physical activity help build confidence and self-esteem?
- 16 What is the connection between sleep, exercise, and overall wellness?
- 17 How can fitness routines support emotional balance during stressful times?
- 18 Why is physical activity important during times of change or challenge?
- 19 How does being physically active affect your energy levels throughout the day?
- 20 How can physical education classes support mental well-being for students?

Lifestyle & Lifelong Fitness

- 21 Why is it important to develop healthy fitness habits while you are young?
- 22 How can physical activity become part of a busy daily schedule?
- 23 What challenges prevent people from being active, and how can they be overcome?
- 24 Why is lifelong fitness more important than short-term results?

25	How can technology (apps, trackers, social media) both help and hinder fitness?					
26	How can physical activity improve quality of life as people age?					
27	Why should fitness routines change as people get older?					
28	How can physical activity reduce the risk of chronic diseases?					
29	What does it mean to have a balanced fitness routine?					
30	How can fitness positively influence career and life success?					
Social Skills, Sportsmanship & Responsibility						
31	How does teamwork in physical activities help develop life skills?					
32	Why is sportsmanship important in both competition and everyday life?					
33	How can physical education help students learn responsibility and discipline?					
34	How does participating in group activities build communication skills?					
35	Why is respect important during physical activity and competition?					
36	How can fitness activities bring people from different backgrounds together?					
37	How does physical education teach goal setting and perseverance?					
38	Why is inclusivity important in fitness and physical education classes?					
39	How can physical activity help build leadership skills?					
40	How can lessons learned in physical education apply to life outside of school?					
In Class Activity Make Up						
41	Following the 15 minutes of Cardio on Wednesdays or Fridays you may complete an additional 10 minutes of cardio. If this option is the one chosen you must tell your teacher prior to the cardio starting that this is the option you are choosing.					
42	Following the 15 minutes of Cardio on Wednesdays or Fridays you may complete perscribed weighted exercise. You will need to discuss this with your teacher to obtain the workout for that day.					