

Name _____ Class _____ Date _____

Preview

1. Why is it important for everyone to be physically active?

Explore

2. Why do Catherine, Asia, and Adam think it is important to be physically active from a young age?

3. Other than losing weight, what goal did Dalton want to achieve through physical activity?

4. What is Webb's strategy for staying physically fit for life?

5. In your own words, describe the online physical education course in which Marti participated.

6. What questions should you ask yourself before planning a physical activity program?

Wrap-Up

7. List some steps you can take now to work toward lifelong fitness.

Connect to Your Life

8. Describe how watching this video affected your motivation to be physically active.

Additional Discussion Questions

1. Which benefits of physical activity does Masha seem to appreciate most?
 - a. physical benefits
 - b. psychological benefits
 - c. social benefits
2. Which statement do you most agree with?
 - a. Physical activity is something I look forward to each day.
 - b. Physical activity is a chore. I am active because I know that I should be.
 - c. Physical activity is a goal that I think about, but have yet to achieve.
 - d. Physical activity is something that an athlete does. I am not an athlete.
3. How have your physical activity levels changed during your lifetime?
 - a. I was more active as a child.
 - b. I am more active now than I was as a child.
 - c. My activity levels have always been about the same.
4. On average, how much physical activity do you get each day?
 - a. at least one hour
 - b. 30–45 minutes
 - c. 15–20 minutes
 - d. less than 15 minutes
5. In high school, physical education classes should be
 - a. mandatory.
 - b. an elective.
 - c. not offered so that there would be more time for academics.
6. Do you agree with this statement? “If positive attitudes toward physical education and physical activity are not promoted in the formative school years, they may never be adopted.”
 - a. yes
 - b. no
7. Dalton and his father find it helpful to exercise together. What do you think about exercising with a partner?
 - a. Exercise is my alone time. I don’t enjoy having a partner.
 - b. I would never exercise if I had to do it alone.
 - c. I have never tried to exercise with a partner.
8. How has your family influenced your physical activity level?
 - a. My family members do not take part in or discuss physical activity.
 - b. My family members encourage me to be active, although they are not.
 - c. My family members encourage me to be active like they are, but we do not participate in the same activities.
 - d. My family does many activities together.
9. Masha said that she will walk again because she is “stubborn.” Which word or phrase do you think best describes Masha?
 - a. inspirational
 - b. in denial
 - c. brave
 - d. unfortunate
10. Did Masha’s story inspire you to become more active than you already are?
 - a. yes
 - b. no
11. If you were to set a goal to achieve physical fitness, whom would you most likely go to for guidance and support?
 - a. a parent or other family member
 - b. a friend
 - c. a physical education teacher
 - d. an athletic trainer