COUCH TO 5K
DISCUSSION QUESTIONS

Week 1-

1. How has the COVID-19 Pandemic made you more aware of your health and surroundings?
2. Why do you think exercising is recommended during the quarantine?

Week 2-

1. Are you more aware of washing your hands throughout the day, not just after you use the bathroom?
2. Have you experienced “cabin fever” during the COVID-19 quarantine? If so, how have you overcome this?

Week 3-

1. Why is it important to be aware of your heart rate during exercise?
2. What sports promote cardiovascular endurance? Please name 5 and give a brief explanation (1-2 sentences) WHY this sport promotes cardiovascular endurance.

Week 4-

1. During this pandemic, have you experimented with new hobbies such as cooking, baking, painting, drawing, reading, etc.?
2. Do you feel that Physical Education is an important subject in school? Why or why not?

Week 5-

1. Do you feel as though any “positives” will come from the COVID-19 pandemic?
2. Do you feel as though the COVID-19 pandemic is going to change the future of education?

Week 6-

1. Do you enjoy the distance learning experience? or would you prefer the physical “desk/chair, paper/pencil” form of education?
2. What is the biggest lesson you have learned about yourself and your surroundings during the COVID-19 pandemic?