**Extended Writing Prompts for Physical Education Journals**

**Prompts for Skills**

* How do you execute a proper underhand throw?
* Why is it important to use a glove in softball?
* Describe what happens to your aerobic capacity when you participate in step aerobics.
* How would you encourage an individual to steal a soccer ball from an opponent?

**Prompts for Physical Activity**

* How do you know that you improving your fitness abilities?
* Why is it important to get your peers to take stretches and cool-down seriously?
* During fitness stations, you have several opportunities to build muscle and improve cardiovascular function. How does you body benefit from these activities?
* The Law of Specificity states that if you work a certain muscle group, that muscle group will benefit directly. When do you apply this principle in P.E. class?

**Prompts for Active Lifestyle**

* Why should you get your friend to pick an activity that everyone enjoys?
* When you decide to make your life health enhancing, you modify your lifestyle to incorporate more fitness opportunities. How can you get more exercise within your neighborhood?
* What can you do if your muscles are sore? Why does this help?

**Prompts for Maintaining a Healthy Lifestyle**

* What are the characteristics of healthy person?
* Where do you exercise besides in physical education class?
* On fitness assessment days, you use your portfolio to document your BMI, height, and weight. What do these scores tell you about your body?

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