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Name 5 different  
team sports.



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What do you  
think -  
what kind of  
condition  
do you have?



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Explain or show  
what push-ups and  
squats are.



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What are the  
benefits  
of exercising?  
Name at least  
three things.



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Name 5 forms of  
exercise that  
cause a lot of  
sweating.



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What helps you to  
sleep better?  
name at least  
three things.



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How often should  
you exercise,  
to keep fit?



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What is a good  
and healthy  
meal like?  
Describe.



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How can  
mental health  
be promoted?



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What things make  
you feel good?



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Why is it important  
for children to  
move a lot?



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Tell me about a  
nice exercise  
experience.



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Name 5 different individual sports.



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What new sport could you try? Why?



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What does everyday exercise mean?



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What does recovery mean?  
Why is it important?



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What do you think well-being means?



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What is your favorite sport?  
Why?



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How often do you exercise?



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How important is sleep to you?



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How can you improve your mental health?



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Name 5 different emotions.



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How could you cheer up a friend who is feeling down?



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What helps you to relax ?



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What does “intense physical activity” mean?



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Name three sports that are light exercise.



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Name three ways that you can promote your well-being.



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Do you know what the exercise recommendations are?



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How do you feel today?



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When do you usually feel energized?



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What are the benefits of exercise for learning?



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How could you add exercise to your day?



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What do you think about break exercises?



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Do you prefer to exercise alone or in a group?



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What was your favorite sport as a child?



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How much do you usually walk per day?



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What kind of  
exercise  
you don't like?



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Tell me about a  
movie/book  
that made you  
feel good.



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What are  
endorphins?  
Where do you get  
them?



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What does the  
expression  
"muscle training"  
mean?



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What does  
endurance  
training mean?



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When should you  
not exercise?



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What time of  
day do you like  
to exercise the  
most?



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Do you use a  
smartwatch  
to measure  
things related to  
your well-being?  
(sleep, exercise...)



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Do you ever go to  
group exercise?  
What is a good  
group exercise  
instructor like?



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What could you  
do to sit less  
during the day?



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List  
5 adjectives  
that come to mind  
when you hear the  
word exercise



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What kind of  
exercise would you  
recommend for me?