



High School PE and Health Emergency Sub Binder

Emergency sub plans for high school PE and health, grades 9 to 12, in a regular classroom. The sub needs no PE background: every step is on the page.

PREVIEW

What is included

- 7 front pages: binder cover, important information, note to the sub, the lesson plan filled in, schedule, class list and dismissal, how it went
- 9 activities, each with its own sub script and student pages (29 pages)
- 3 individual activities and 6 partner, team or whole-class activities
- A Say this to the class script for every activity, a star challenge on every worksheet, every answer in a key
- Color and ink-saver B&W, US Letter and A4

How it works

1. Leave the binder out. The lesson plan lists every activity with its page and minutes.
2. The sub reads the Say this to the class box word for word.
3. Students work from their own pages, with the steps on the page. It is all seated work at the desks: no gym, no equipment, and nobody has to exercise or move. The sub needs no PE background: every answer is in the key.
4. No prep and no tech: print and go.

The 9 activities, 35 to 45 minutes each

1. **Quiet Reading**, 45 min **SOLO**: reading about sport: how a time rule changed basketball strategy, officiating and sportsmanship
2. **Health Notes Detective**, 40 min **SOLO**: food groups, sleep, water, fitness components, FITT, warm-ups, the heart, sports rules, safety and sportsmanship
3. **Practice Menu**, 45 min **SOLO**: PE and health vocabulary, the fitness components a moment shows, and the math of scores, standings and pace
4. **Partner Check**, 40 min **PAIRS**: sports math (points, pulse counts, tournaments, distance, percentages) and PE and health terms
5. **The Intramural Schedule**, 40 min **PAIRS**: tournament formats: reading results, records and tiebreakers, point difference, and scheduling a round robin
6. **PE Puzzle Tournament**, 41 min **TEAMS**: PE and health vocabulary, the rules of common sports, and the sports meanings of everyday words
7. **The Mixed-Up Fitness Logs**, 40 min **TEAMS**: FITT (frequency and time), the fitness component each activity trains, and reasoning from clues
8. **Which Works Better? Stand-Off**, 40 min **WHOLE CLASS**: everyday PE and health choices: warming up, water, safe lifting, sleep, MyPlate, safety and sportsmanship
9. **Whiteboard Quiz Game**, 35 min **WHOLE CLASS**: a review of this binder: sports rules and history, health facts, fitness terms, sports math and fair play

What this preview shows: the note to the substitute, the lesson plan, the other front pages, one page of every activity, a sub script, four more student pages and one ink-saver page. Every product page is watermarked, and no answer key is shown. The full binder has 36 pages.



Note to the Substitute

High school PE and health, grades 9 to 12 · 9 one-period activities · no prep, no gym, no PE background needed

Thank you for covering my class

Everything you need is in this binder. The front pages (important information, lesson plan, schedule of the day, class list) are filled in for today. After them come 9 PE and health activities: the first 3 are individual work, the other 6 are for partners, teams or the whole class. Each one fills most or all of a period of 40 to 55 minutes, runs from the printout alone, and carries its own texts and answer key, so you never teach anything new. Everything reviews high school PE and health (fitness and FITT, food groups, sleep, safety, sports rules, sportsmanship and sports math), all on paper in the classroom.

Health topics: Keep health talk general: nobody shares personal health details, and nothing here is medical advice. Send a student with a health worry to the school nurse, the school counselor or another trusted adult.

The first page of every activity is your script. It says what the activity practices, how to set it up, and how long each step takes. The box marked **Say this to the class** is written to be read aloud word for word. Every answer is in a key on the script page (for the logic mystery, on the page right after the script). Keep those pages with you and hand out only the student pages. Every student worksheet has a **Challenge** box for early finishers (in the logic mystery, the bonus question on the slip).

The 9 activities

- **Quiet Reading** quiet single · 45 min · p. 7
- **Health Notes Detective** quiet single · 40 min · p. 12
- **Practice Menu** quiet single · 45 min · p. 15
- **Partner Check** pairs · 40 min · p. 19
- **The Intramural Schedule** pairs or threes · 40 min · p. 22
- **PE Puzzle Tournament** teams · 41 min · p. 25
- **The Mixed-Up Fitness Logs** team logic · 40 min · p. 28
- **Which Works Better? Stand-Off**
whole class · 40 min · p. 32
- **Whiteboard Quiz Game** whole class, teams · 35 min · p. 34

If the class is loud

- Switch to a quiet single activity: Quiet Reading, Health Notes Detective or Practice Menu. Nobody needs to move.
- In the scored games (PE Puzzle Tournament, Which Works Better? Stand-Off and Whiteboard Quiz Game), the scoring keeps the class honest.
- If an activity is not working, stop it and switch. Every activity can start at any point in the period.
- The games are optional: a fun way to end the class or to use extra time.

Which activity when?



- A student says the class never learned this? Every activity reviews earlier work. Ask them to try the first problem with a partner, and leave me a note.
- The same activity in every period is fine: each class sees it once. The lesson plan (next page) lists all 9. Nobody has to exercise or move: every activity is done seated, on paper.
- A class that needs to settle: start with a quiet single activity. A restless class: a group activity uses the energy.
- Short period? These fit: Whiteboard Quiz Game (35 min) and one reading of Quiet Reading (about 20 min).

Before you leave

Please fill in the How It Went page at the back. It takes two minutes and I read every word. Thank you!



Lesson Plan

Filled in for today: 9 activities, 35 to 45 minutes each. Write the time of each period you use.

ACTIVITY	PLAN	PAGE
Quiet Reading Quiet single · about 45 min Time ____ : ____ to ____ : ____	<ul style="list-style-type: none"> One reading and its question sheet per student; fast finishers take the other Silent reading and questions, about 20 minutes per reading Read the answers out from the key, or collect for me 	p. 7
Health Notes Detective Quiet single · about 40 min Time ____ : ____ to ____ : ____	<ul style="list-style-type: none"> Hand out both card sheets; pencils only Students find the one false line on each note card, explain it and fix it Read the key out at the end, or collect for me 	p. 12
Practice Menu Quiet single · about 45 min Time ____ : ____ to ____ : ____	<ul style="list-style-type: none"> Three sheets on the desk: A Secret Message, B Match It, C Sports Math Students choose one, work alone in silence, swap it when done Check against the keys on the script, or collect for me 	p. 15
Partner Check Pairs · about 40 min Time ____ : ____ to ____ : ____	<ul style="list-style-type: none"> Pairs: one Partner A sheet and one Partner B sheet Both do row 1, then compare: the answers must match Different answers? Find the slip together. The key is on the script 	p. 19
The Intramural Schedule Pairs or threes · about 40 min Time ____ : ____ to ____ : ____	<ul style="list-style-type: none"> Pairs or threes, one Part 1 sheet and one Part 2 sheet each Part 1: a volleyball league's results and standings (keyed) Part 2: next season's round robin, checked with the checklist 	p. 22
PE Puzzle Tournament Teams · about 41 min Time ____ : ____ to ____ : ____	<ul style="list-style-type: none"> Teams of 3 or 4, one puzzle sheet and one answer sheet per team One round at a time, 1, 2 or 3 points per puzzle Every answer is on the key. The key settles arguments 	p. 25
The Mixed-Up Fitness Logs Team logic · about 40 min Time ____ : ____ to ____ : ____	<ul style="list-style-type: none"> Teams of 3 or 4, one case file and one grid per team Warm-up together on the board, then the case on their own Teams hand in their slip; check it against the key and reveal 	p. 28
Which Works Better? Stand-Off Whole class · about 40 min Time ____ : ____ to ____ : ____	<ul style="list-style-type: none"> One sheet per student; everyone stays seated Read a pair, 20-second guess, count hands, then 90 seconds to find the reason One speaker per side, then read the answer from the key 	p. 32
Whiteboard Quiz Game Whole class, teams · about 35 min Time ____ : ____ to ____ : ____	<ul style="list-style-type: none"> Draw the 5 by 5 board (or tape up the board sheet); 3 to 5 teams Teams take turns picking a category and value; you read the question Right answer: points on the scoreboard. Optional, for the end of class 	p. 34

Fast finishers

Any quiet single activity can follow any other activity: Quiet Reading (p. 7), Health Notes Detective (p. 12) and Practice Menu (p. 15).

Collect / leave for me

.....

.....

1. Quiet Reading, 45 min (solo)

2. Health Notes Detective, 40 min (solo)

3. Practice Menu, 45 min (solo)

4. Partner Check, 40 min (pairs)

5. The Intramural Schedule, 40 min (pairs)

6. PE Puzzle Tournament, 41 min (teams)

7. The Mixed-Up Fitness Logs, 40 min (teams)

8. Which Works Better? Stand-Off, 40 min (whole class)

9. Whiteboard Quiz Game, 35 min (whole class)



The Mixed-Up Fitness Logs

Sub script: a team logic mystery written in fitness words

One period • teams of 3 or 4

This activity practices: FITT (frequency and time), the fitness component each activity trains, and reasoning from clues



SAY THIS TO THE CLASS

"The coach's chart of five fitness logs got soaked, and your team rebuilds it from her notes. Every note is true and written in fitness words, so check each word in the box first, then mark the grid. We start with a short warm-up together."

Materials

- Teams of 3 or 4. Each team gets one case file and one grid sheet (the grid sheet has the answer slip).
- Pencils (erasers help) and the board for the warm-up.
- Jobs: **reader** (reads the notes out), **term expert** (checks each fitness word in the box on the case file), **marker** (the only one who writes in the grid) and **recorder** (fills in the slip).
- Keep this page and the next one: together they are your key. Nobody needs to stand or move: the whole case is on paper.

Run it (40 minutes)

- Set up.** Make the teams, hand out the sheets. 3 min
- Read the story.** A volunteer reads the story on the case file out loud. 3 min
- Warm-up together** on the board, as shown below. 6 min
- Teams solve the case.** Walk around. After about 10 minutes, give a hint from the next page to any team that is stuck. Fast teams answer the bonus question. 23 min
- Reveal.** Collect the slips, then read the answer and the full chart from the key. 5 min

The warm-up: teach the FITT words and the grid (6 minutes)

Draw a small grid on the board; students have the same one on their case file. Anselm, Briony and Cormac each train 2, 3 or 4 days a week, one each. Read the two clues:

- Briony has the highest frequency.**
- Anselm trains fewer days a week than Cormac.**

Then show it step by step:

- Frequency is the F in FITT: how many days a week. The highest frequency here is 4 days, so clue 1 gives Briony 4 days. Circle it. A circle means the rest of that row and that column get an X.
- Clue 2: fewer days a week means a lower number. Of 2 and 3 days, the lower is 2, so Anselm has 2 days and Cormac has 3 days. Circle both.
- Check it against both clues out loud.

Say out loud: in FITT, F is frequency (days a week), I is intensity (how hard), the first T is time (minutes) and the second T is type (the kind of activity). One circle in every row and every column of each small grid; X means no, a circle means yes.

	2	3	4
Anselm			
Briony			
Cormac			

Answer: Anselm, 2 days; Briony, 4 days; Cormac, 3 days.



Health Notes Detective Cards 1 to 5

Health Notes Detective

Each note card has exactly one false line. Write its number, what is wrong, and a fixed line.



How a detective works: read every line on its own and ask: is this true? Three lines on each card are true. The one false line may sound right at first, so test every word of it.

1 Bettina's card: MyPlate food groups

- 1 MyPlate shows five food groups: grains, vegetables, fruits, dairy and protein foods.
- 2 On MyPlate, cheese and yogurt belong to the grains group.
- 3 MyPlate suggests filling about half the plate with fruits and vegetables.
- 4 Beans and lentils can count in the protein foods group.

False line ☐

What is wrong?

Fixed line

2 Caspian's card: Sleep

- 1 Sleep experts recommend about 8 to 10 hours a night for teens.
- 2 Going to bed and waking up at about the same times helps the body clock.
- 3 Sleep helps the brain store what you learned during the day.
- 4 Looking at a bright screen right before bed helps most people fall asleep faster.

False line ☐

What is wrong?

Fixed line

3 Philomena's card: Water and exercise

- 1 Sports drinks are needed for every short workout.
- 2 More than half of the human body is water.
- 3 Thirst is one signal that the body needs water.
- 4 Drinking water before, during and after exercise is a smart habit.

False line ☐

What is wrong?

Fixed line

4 Evander's card: Health-related fitness

- 1 Flexibility is the range of motion around a joint.
- 2 Muscular endurance is a muscle's ability to keep working over time.
- 3 Cardiorespiratory endurance is the ability to lift a heavy load one time.
- 4 Muscular strength is the most force a muscle can produce at one time.

False line ☐

What is wrong?

Fixed line

5 Fenna's card: The FITT principle

- 1 In FITT, the F stands for frequency: how often you exercise.
- 2 Intensity means how hard you work.
- 3 The second T stands for team: the people you exercise with.
- 4 Time means how long each session lasts.

False line ☐

What is wrong?

Fixed line



Challenge

Write your own note card on any PE or health topic: four lines, exactly one of them false. If the sub allows it at the end, swap with a classmate and find each other's false line.

Name

Score / 15

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Health Notes Detective · cards 1 to 5



Practice Menu A Secret Message

Find the PE or health term for each clue in the code bank and write its code letter. The letters, in order, spell a message.

Practice Menu

Code bank

balance A	cool-down A	coordination G	dairy H	endurance M	flexibility T
frequency Y	heart rate S	hydration T	intensity E	mouthguard R	nutrition B
protein L	sportsmanship D	type Y	warm-up D		

Four terms in the bank belong to no clue. Some code letters are used for two clues.

1

The number of times your heart beats in one minute

Term _____ Letter

2

The range of motion around a joint

Term _____ Letter

3

Easy movement at the end of a workout that lets the heart rate come down slowly

Term _____ Letter

4

The F in the FITT principle: how often you exercise

Term _____ Letter

5

The food group that includes milk, yogurt and cheese

Term _____ Letter

6

The last letter of FITT: the kind of activity you do

Term _____ Letter

7

Treating teammates, opponents and officials with respect and fairness

Term _____ Letter

8

A soft cover worn over the teeth in contact sports

Term _____ Letter

9

The ability to stay steady on one foot or on a narrow beam

Term _____ Letter

10

Having enough water in the body for it to work well

Term _____ Letter

11

The I in the FITT principle: how hard you work

Term _____ Letter

12

Easy movement before exercise that slowly raises the heart rate

Term _____ Letter

The message

1	2	3	4	5	6	7	8	9	10	11	12
---	---	---	---	---	---	---	---	---	----	----	----



Challenge

Pick one of the four terms in the bank that no clue uses. Write your own clue for it.

.....

Name _____

Score _____

/ 12



Partner Check Partner A

Do one row, then compare with your partner. The answers should be the same. If not, find the slip together.

Partner Check


Useful facts: A minute has 60 seconds. Round robin: every team plays every other team once. Single elimination: one loss and a team is out. Percent = the part divided by the whole, times 100.

Word bank: agility · dairy · flexibility · frequency · grains · hydration · intensity · sportsmanship

1
SPORTS MATH

A basketball player scores 4 two-point baskets and makes 2 free throws (1 point each). How many points?

Answer
☐ Same as my partner

2
HEALTH TERMS

The ability to change direction quickly while keeping control of the body.

Answer
☐ Same as my partner

3
SPORTS MATH

Sitting still, you count 20 beats at your wrist in 15 seconds. What is your heart rate in beats per minute?

Answer
☐ Same as my partner

4
HEALTH TERMS

Having enough water in the body for it to work well, especially during exercise.

Answer
☐ Same as my partner

5
HEALTH TERMS

The I in the FITT principle: how hard you work.

Answer
☐ Same as my partner

6
SPORTS MATH

Five teams play a round robin: every team plays every other team once. How many games?

Answer
☐ Same as my partner

7
HEALTH TERMS

Respect and fair play toward teammates, opponents and officials.

Answer
☐ Same as my partner

8
SPORTS MATH

A runner finishes 4 laps of a 400-meter track. How many meters is that?

Answer
☐ Same as my partner

9
HEALTH TERMS

The food group that includes rice, oats, bread and pasta.

Answer
☐ Same as my partner

10
SPORTS MATH

A player made 12 of her 16 free throws. What percent did she make?

Answer
☐ Same as my partner


Challenge

A soccer team won 3, tied 2 and lost 1. A win is 3 points, a tie 1 point, a loss 0. How many points?

.....
Then compare with your partner. Same answer again?

My name

Partner



Puzzle Tournament Puzzles

Solve one round at a time. Write your answers on the answer sheet.

PE Puzzle Tournament

Round 1: Scrambled Fitness Words

1 point each

Unscramble each PE or health word. The hint says what kind of word it is.

- | | |
|---|--|
| 1. TESCRTH (what you do to loosen a muscle, 7 letters) | 5. EERRFEE (a game official, 7 letters) |
| 2. IFSETNS (being in good physical shape, 7 letters) | 6. EECUARNND (lasting power, 9 letters) |
| 3. ITORPEN (a nutrient, 7 letters) | 7. PIRTNS (a short, fast run, 6 letters) |
| 4. TLBGAEVEE (a kind of food on MyPlate, 9 letters) | 8. EMOARWKT (working together, 8 letters) |

Round 2: Which Sport Is This?

2 points each

Name the sport from its rules.

1. A rally ends when the ball touches the floor. Each team may touch the ball up to three times before it must cross to the other side, and a spike is a hard downward hit.
2. Players use solid paddles and a plastic ball full of holes. Nobody may hit the ball out of the air while standing in the no-volley zone, nicknamed the kitchen.
3. Ten pins stand at the far end of a long lane. Knocking all ten down with the first ball of a frame is the best possible roll.
4. The lowest score wins. Each hole has a par: the number of strokes a skilled player is expected to need.
5. During play, only the goalkeeper may handle the ball, and only inside a marked area in front of the goal.
6. In a relay, each racer after the first may not leave the starting block until a teammate touches the pool wall.
7. Ending a dribble by catching the ball, then dribbling again, is a violation. A shot from behind the arc is worth three points.
8. Players use light rackets to hit a feathered shuttle back and forth, and a point ends when the shuttle lands on the floor.

Round 3: Two Meanings, One Word

3 points each

One word fits both meanings. Write the word.

1. The room where a judge hears cases. In sports: the marked area where a game with a hoop or a racket is played.
2. How high or low a musical note sounds. In sports: to throw the ball to the batter.
3. To bring food to a table in a restaurant. In sports: the hit that starts each point in a racket game.
4. Very unpleasant, like a smell from old trash. In sports: a move that breaks the rules.
5. To steer a car down the road. In sports: a long, powerful hit, like the first shot from the tee.
6. A long seat in a park. In sports: where players sit when they are not in the game.
7. A mesh for catching fish. In sports: the mesh stretched across the middle of a tennis playing area.
8. To go by a slower car on the highway. In sports: to throw or kick the ball to a teammate.



Twenty-Four Seconds Article

Read the whole text before you look at the questions.

Quiet Reading

Twenty-Four Seconds



In the early days of pro basketball, a team with the lead could simply hold the ball. Players passed it around the edge of the court for minutes at a time while the other team waited, and fans paid to watch almost nothing happen. Nothing in the rules said a team had to shoot.

The most famous example came in 1950, when the Fort Wayne Pistons beat the Minneapolis Lakers 19 to 18. It is still the lowest-scoring game in NBA history. The league needed a fix that would keep games moving without telling coaches how to play.

The answer was a clock. The owner of the Syracuse Nationals is usually credited with the math. He noticed that in a typical game, the two teams together took about 120 shots. A game lasted 48 minutes, or 2,880 seconds. Dividing 2,880 by 120 gave 24 seconds per shot. Starting with the 1954 to 1955 season, a team had 24 seconds to try a shot, or it lost the ball.

The change worked quickly. In the first season with the clock, average scoring rose by more than ten points per team, and stalling disappeared. Coaches had to plan plays that created a good shot in a short time, and fast breaks became more valuable.

Other levels and other sports followed with clocks of their own. Men's college basketball added a shot clock in 1985, and today it is 30 seconds. Many US high school leagues have added a 35-second clock in recent years, while others still play without one. In 2023, Major League Baseball added a pitch clock, and the average game became more than 20 minutes shorter.

A time rule does more than speed a game up. It changes strategy. With a clock running, a team that is ahead cannot simply wait out the game, and a team that is behind always gets a fair chance to win the ball back. Good rules work like that: they keep the contest fair and make the game fun to play and to watch.

In the full binder

A whole PE and health sub day, planned and ready to print.

36 pages in color and ink-saver
B&W, US Letter and A4

9 activities of 35 to 45 minutes, one
per class period

7 front pages: note to the sub,
lesson plan, schedule, class list

3 + 6 individual activities +
partner, team and
whole-class activities

Use it your way

- A sudden sick day: emergency sub plans that are ready before you need them.
- Any high school PE or health class, grades 9 to 12: every activity fits a 40 to 55 minute period. All in a regular classroom, seated, on paper: no gym and no equipment.
- Your sub tub: print it once and keep it all year.
- Your own no prep day: teach it yourself when you need a break from planning.

Thank you! If this works for your class, a quick review helps other teachers find it, and earns you TpT credits.



Classroom
REVIEW GAMES