



# High School PE and Health Sub Plans, 2 Weeks

Two complete week binders of high school PE and health, grades 9 to 12: classroom work on paper, no gym and no equipment, and any movement is optional and seated. Every day has individual work and a team task, and every task has a "say this" script.

## PREVIEW

### What is included

- Week 1 binder (68 pages) and Week 2 binder (68 pages): 136 pages
- 26 front pages: binder cover, important information, note to the sub, the week plan filled in, schedule, set index, class list, how it went, Monday opener
- 20 solo blocks (10 PE and health sets, 10 calm blocks) and 10 team tasks for groups of four
- A "say this to the class" script for all 42 tasks: 2 or 3 sentences the sub reads out
- A core task and a ★ challenge in every PE and health set and team task
- 10 optional games, each on that day's PE and health lesson, a fun way to end the class
- Answer keys for everything; color and ink-saver B&W, US Letter and A4

### How it works

1. Leave both binders out. Each has its own filled-in plan with page numbers.
2. The sub reads the "say this" box out, then runs the day's PE and health set in every period; students work on their own. Everyone does the core task, early finishers go on to the ★ challenge.
3. The calm block fits any gap, the team task fills a block period or extra time, the game the last 15 minutes.
4. No prep and no tech: print and go.

### The 10 days: a PE and health set, a team task and a game each day

1. Day 1: PE and Health: Nutrition Labels and Macronutrients · Team task: The Tournament Cooler  
**Whiteboard Quiz Game**
2. Day 2: PE and Health: Fitness Planning with FITT · Team task: The Desk Circuit Card **Paper Password**
3. Day 3: PE and Health: Sleep, Stress and Mental Health Basics · Team task: The Decibel Ladder **Class Feud**
4. Day 4: PE and Health: Sports Rules and Strategy · Team task: Four Years of PE **Classroom Millionaire**
5. Day 5: PE and Health: First Aid and Safety · Team task: The Picnic Investigation **Mystery Box**
6. Day 6: PE and Health: Muscles and How They Work · Team task: Muscle Map Relay on Paper  
**Whiteboard Quiz Game**
7. Day 7: PE and Health: Warm-Up, Cool-Down and Flexibility · Team task: Design a Warm-Up Card for the Team  
**Paper Password**
8. Day 8: PE and Health: Hydration and Sports Nutrition · Team task: The Water Station Plan **Class Feud**
9. Day 9: PE and Health: Reading Health Claims and Ads · Team task: Ad Agency Truth Test **Classroom Millionaire**
10. Day 10: PE and Health: Team Sports Positions and Roles · Team task: Draft Day **Mystery Box**

**What this preview shows:** the note to the substitute, the Week 1 plan, more front pages, one page of every daily part, a full PE and health set with its answer key, a calm block, a team task, the game types and one ink-saver page. Every product page is watermarked. The full product has 136 pages.



## Note to the Substitute

Grades 9 to 12 · five days · every set runs from the printout alone

### Thank you for covering my classes this week

Everything you need is in this binder. The weekly plan is filled in for you; the important information page and the class list are for the teacher (or you) to fill in. After the binder pages come the five days in order, Monday to Friday. Monday starts with a short opener (about 15 minutes), then each day has its work set: **PE and Health 1** is Monday's set, **PE and Health 2** is Tuesday's, and so on to **PE and Health 5** on Friday. Run the day's set in every period you teach that day. Each set is one period (45 to 55 minutes), stands alone, and has its own answer key at the back of the binder, so you never have to make anything up or know the subject. Every task starts with a short **Say this to the class** box under its title: read it out, and the class knows what to do and how to start.

**Every student page has a core task first, then a ★ challenge.** Every student does the core task. Students who finish early go on to the ★ challenge; it fills a few extra minutes, and nobody has to finish it.

Each day's work set is followed by that day's calm block, team task and game. The **calm block** is always allowed: for time left at the end, a loud class, or anyone who finishes early. The **team task** fills a period on its own. The **game** is optional: a fun way to end the class, or something for extra time. Fifteen minutes, from the script.

### Each day has

- One PE and Health set (one period, core task + ★ challenge on every page)
- A calm and quiet block: learn 8 terms from the day's topic, then a quiet self-test
- A team task for groups of four
- A paper game from the script

### If the class is loud

- Set a voice level with a number, 0 to 3, and use it all week (the Day 1 opener explains it).
- Switch to the calm block. Nobody needs to move.
- Every student page has a ★ challenge, so fast finishers always have something.
- If a set is not working, stop it and use the calm block or the team task. Every set starts cold.

### At the end of each day

Please fill in that day's line on the "How it went" page. It takes two minutes and I read every word.

For the teacher who bought this kit: if it worked well for your class, leaving a review on TpT helps other teachers find it and gives you credits toward future purchases. Thank you!



## This Week's Plan

Filled in for you: run the day's set in every period you teach. Keep it as it is, or use the blank schedule on the next page for your own order.

| WHEN                                                                             | MONDAY                                                                 | TUESDAY                                                       | WEDNESDAY                                                                 | THURSDAY                                                     | FRIDAY                                                  |
|----------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------|---------------------------------------------------------|
| <b>Start of class</b>                                                            | <b>Meet Your Sub</b><br>p. 11 · 15 min, every period                   | Attendance, voice level                                       | Attendance, voice level                                                   | Attendance, voice level                                      | Attendance, voice level                                 |
| <b>Main work, every period</b>                                                   | <b>PE and Health 1</b><br>Nutrition Labels and Macronutrients<br>p. 14 | <b>PE and Health 2</b><br>Fitness Planning with FITT<br>p. 23 | <b>PE and Health 3</b><br>Sleep, Stress and Mental Health Basics<br>p. 32 | <b>PE and Health 4</b><br>Sports Rules and Strategy<br>p. 41 | <b>PE and Health 5</b><br>First Aid and Safety<br>p. 50 |
| <b>Early finishers or a loud moment</b>                                          | <b>Learn and Test: Nutrition Label Terms</b><br>p. 17                  | <b>Learn and Test: Fitness Planning Terms</b><br>p. 26        | <b>Learn and Test: Sleep and Stress Terms</b><br>p. 35                    | <b>Learn and Test: Sports Rules Terms</b><br>p. 44           | <b>Learn and Test: First Aid Terms</b><br>p. 53         |
| <b>Block period or extra time</b>                                                | <b>The Tournament Cooler</b><br>p. 19                                  | <b>The Desk Circuit Card</b><br>p. 28                         | <b>The Decibel Ladder</b><br>p. 37                                        | <b>Four Years of PE</b><br>p. 46                             | <b>The Picnic Investigation</b><br>p. 55                |
| <b>Last 15 minutes (optional): a fun way to end the class, or for extra time</b> | <b>Whiteboard Quiz Game</b><br>p. 21                                   | <b>Paper Password</b><br>p. 30                                | <b>Class Feud</b><br>p. 39                                                | <b>Classroom Millionaire</b><br>p. 48                        | <b>Mystery Box</b><br>p. 57                             |

### How to use this plan

- Page numbers point to the first page of each set. Copy work sets and calm blocks one per student. Team tasks: one copy per group, plus any extra copies, cards or sheets the pages ask for. Game scripts are for you only (do not copy them); copy game boards and cards as their pages say.
- The calm block is always allowed: time left at the end, a loud class, or anyone who finishes early.
- On Monday the opener takes the first 15 minutes, so stop the set where the bell falls; finish page 3 as early-finisher work on Tuesday or skip it.
- The game is optional: a fun way to end the class, or something for extra time.

# HS PE AND HEALTH SUB PLANS WEEK 1

High School, PE and Health, 5 Days of Print and Go Work

Teacher \_\_\_\_\_  
 Room \_\_\_\_\_  
 Grade and classes \_\_\_\_\_  
 Week of \_\_\_\_\_

Everything a sub needs for five days is in this binder: a filled-in weekly plan, a blank schedule, the class list, and for every day one PE and Health set, a calm block, a team task and a paper game. Each set is one period, stands alone, and has its own answer key. Nothing needs subject knowledge, a login or a projector.



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HS PE and Health Sub Plans Week 1: High School PE and Health, 5 Days of Print and Go Work

## Important Information

The page the sub reads first. Fill it in once and keep it current.

### People to call

Office \_\_\_\_\_  
 Teacher next door \_\_\_\_\_  
 Nurse \_\_\_\_\_  
 Principal / admin \_\_\_\_\_  
 Tech help \_\_\_\_\_

### Emergency procedures

Fire: exit and meeting point \_\_\_\_\_  
 Lockdown \_\_\_\_\_  
 Severe weather \_\_\_\_\_  
 Medical \_\_\_\_\_  
 Where the first aid kit is \_\_\_\_\_

### Helpful students

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Students who need extra support

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### Where things are

Attendance / how to take it \_\_\_\_\_  
 Paper, pencils, supplies \_\_\_\_\_  
 Hall passes \_\_\_\_\_  
 Coper, if the sub may use it \_\_\_\_\_

### Class routines

Start of class \_\_\_\_\_  
 Bathroom \_\_\_\_\_  
 Phones \_\_\_\_\_  
 End of class \_\_\_\_\_

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HS PE and Health Sub Plans Week 1: High School PE and Health, 5 Days of Print and Go Work

Important Information

## Weekly Schedule (Blank)

For our binder, write the set for each period (Monday: PE and Health 1, Tuesday: PE and Health 2, and so on) and the class next to each period. Cross out or remove periods to match the school day.

| PERIOD / CLASS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|--------|---------|-----------|----------|--------|
| Period 1       |        |         |           |          |        |
| Class          |        |         |           |          |        |
| Period 2       |        |         |           |          |        |
| Class          |        |         |           |          |        |
| Period 3       |        |         |           |          |        |
| Class          |        |         |           |          |        |
| Period 4       |        |         |           |          |        |
| Class          |        |         |           |          |        |
| Period 5       |        |         |           |          |        |
| Class          |        |         |           |          |        |
| Period 6       |        |         |           |          |        |
| Class          |        |         |           |          |        |
| Period 7       |        |         |           |          |        |
| Class          |        |         |           |          |        |

### How to fill it in

- One set per period. Each set runs 45 to 55 minutes. If a period runs longer, the 30 challenges fit a few minutes, or add that day's team task.
- Same subject all day? Write the day's set in every period you teach. Planning, lunch and duty periods: cross them out.
- On Monday the opener (15 minutes) comes first in every period, then the set.
- The game is optional: put it in the last period as a fun way to end the class, or use it for extra time. The calm block goes in any gap.

### Set naming

Sets are named by subject and day: PE and Health 1 is Monday's set. PE and Health 2 is Tuesday's, and so on to PE and Health 5 on Friday. The set index lists every set with its minutes and page.

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HS PE and Health Sub Plans Week 1: High School PE and Health, 5 Days of Print and Go Work

Weekly schedule, blank

## Class List and Dismissal

Home, what a sub must know, and how every student gets home. Copy one per class.

☐ bus (write the number) ☐ walks ☐ picked up (write who) ☐ after-school program ☐ other

★ in the notes, a student who finds the core task essay may start with the challenge.

| STUDENT NAME | NOTES (ALLERGIES, NEEDS, HELPFUL, LEAVES EARLY) | HOME | BUS # / PICKED UP BY / PROGRAM |
|--------------|-------------------------------------------------|------|--------------------------------|
| 1            |                                                 |      |                                |
| 2            |                                                 |      |                                |
| 3            |                                                 |      |                                |
| 4            |                                                 |      |                                |
| 5            |                                                 |      |                                |
| 6            |                                                 |      |                                |
| 7            |                                                 |      |                                |
| 8            |                                                 |      |                                |
| 9            |                                                 |      |                                |
| 10           |                                                 |      |                                |
| 11           |                                                 |      |                                |
| 12           |                                                 |      |                                |
| 13           |                                                 |      |                                |
| 14           |                                                 |      |                                |
| 15           |                                                 |      |                                |
| 16           |                                                 |      |                                |
| 17           |                                                 |      |                                |
| 18           |                                                 |      |                                |
| 19           |                                                 |      |                                |
| 20           |                                                 |      |                                |
| 21           |                                                 |      |                                |
| 22           |                                                 |      |                                |
| 23           |                                                 |      |                                |
| 24           |                                                 |      |                                |
| 25           |                                                 |      |                                |
| 26           |                                                 |      |                                |
| 27           |                                                 |      |                                |
| 28           |                                                 |      |                                |
| 29           |                                                 |      |                                |
| 30           |                                                 |      |                                |

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Class list and dismissal

## How It Went

For the sub/binder, one use per day, two minutes at the end of each day. Check the boxes and go.

### Monday

Sets done: \_\_\_\_\_ Class was: ☐ Great ☐ Fine ☐ Hard, see notes  
 Notes / stars of the day: \_\_\_\_\_

### Tuesday

Sets done: \_\_\_\_\_ Class was: ☐ Great ☐ Fine ☐ Hard, see notes  
 Notes / stars of the day: \_\_\_\_\_

### Wednesday

Sets done: \_\_\_\_\_ Class was: ☐ Great ☐ Fine ☐ Hard, see notes  
 Notes / stars of the day: \_\_\_\_\_

### Thursday

Sets done: \_\_\_\_\_ Class was: ☐ Great ☐ Fine ☐ Hard, see notes  
 Notes / stars of the day: \_\_\_\_\_

### Friday

Sets done: \_\_\_\_\_ Class was: ☐ Great ☐ Fine ☐ Hard, see notes  
 Notes / stars of the day: \_\_\_\_\_

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HS PE and Health Sub Plans Week 1: High School PE and Health, 5 Days of Print and Go Work

How it went

## Meet Your Sub

Key: 10 minutes of the start of every period on Monday, before the set. One sheet to fill in before first period.

### Key: 10 minutes of the start of every period on Monday, before the set. One sheet to fill in before first period.

"I am covering PE and health for your teacher this week, and all of our work happens on paper in this room. First a short introduction and three of your questions, then we read the class agreement together. Each page has a core task for everyone and a star challenge for when you finish."

### Sub script (the same 15 minutes in every class)

- Before first period, fill in the introduction sheet on the next page, once, for the whole day. Keep it short and honest. A high school class needs a sub in about 10 seconds, so give them something real to read.
- Introduce yourself from the sheet in two minutes. They fold up the Ask the Sub list and take three questions from raised hands. There, not here. Say when you are done taking questions.
- Read the class agreement out loud and ask this period to add one line of their own. Write that line on the board for the period. The line they wrote is the one they keep.
- Set the voice level with a number from 0 to 3, using the box at the bottom of the sheet. Say which level today's set needs, and use the same numbers in every class all week.
- Start the set with one sentence: this week's PE and health work is all on paper in this room, everyone does the core task first, the star challenge is for anyone who finishes, and the calm block is always allowed.

### If the room is loud

- Skip the questions. Keep the agreement and the voice level, and say the number out loud.
- Start the set sooner. Work on the desk beats a speech about behavior every time.
- Name the level again after four minutes. A number is easier to follow than a lecture.

### If there is time left at the end

- If the set ends ten minutes early, run Myth or Fact in groups of four: six minutes on the cards, four for the answers.
- Or hand out the day's calm block (learn 8 nutrition label terms, then the self-test) and let the room go quiet early.
- Or have each student write one question they would ask the teacher when they get back.

### Monday checklist (before first period)

- Read the Important Information page: office extension, exits, the nurse, the teacher next door.
- Check the class list for allergies, medical needs, early releases and students who carry a pass.
- Find today's set on the weekly schedule and count copies for every period, plus five spares.
- Fill in the About Your Sub sheet once and post it where the back row can read it.
- Write the voice levels 0 to 3 on the board and leave them there all week.
- Keep the answer keys inside the binder, not face up on the desk.

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HS PE and Health Sub Plans Week 1: High School PE and Health, 5 Days of Print and Go Work

Day 1: opener, sub script

[illegible]

### Hazard hunt + challenge (solo)

## Team Task, Day 3: The Water Station Plan

Team \_\_\_\_\_

On your own, write one or two questions you might ask your table.

On your own

THE CHALLENGE

"Today's team task is the Water Station Plan, for groups of four and about forty minutes. Your group decides how many water jugs each person needs to fill, how much to add to each jug, and how many jugs to use. You'll be working out how many jugs each person needs to fill."

### The Job

Lakeview High is holding a pre-race all-day field day. Students rotate through three zones, and each zone has a water station. Your group runs the water station. The morning runs 9:00 to 11:45. The custodian fills all jugs at 11:45. The afternoon runs 1:30 to 3:30. So each station's jugs must hold enough for **one session**, and the same jugs serve the afternoon after the first. Time (in minutes): Filled the jugs at 11:45. 0 min. Jugs removed at each station. 7 min. Took 20 jugs, 14 min. Filled and removed 8 jugs. 10 min. Dropped 8 jugs and the same 8 min.

### People at each station, each session

| STATION     | PEOPLE | JUGS<br>NEEDED |
|-------------|--------|----------------|
| Track zone  | 60     |                |
| Relay field | 75     |                |
| Game court  | 45     |                |

### Jugs you can rent

| JUG                | HOLDS   | COST |
|--------------------|---------|------|
| Large (3 gallons)  | 80 cups | \$11 |
| Medium (2 gallons) | 48 cups | \$7  |
| Small (1 gallon)   | 24 cups | \$2  |

### The rules

- The field day plan consists on 1 to 2 cups of water per person each session from the stations. Plan for the top of the range.
- 2 cups, so no partial runs are needed.
- Each station's jugs must hold at least the cups to people need in one session.
- At most 3 jugs of each size at one station.
- The rental budget is for 4 of each station together.
- The best plan covers every station for the least money.

### Worked example, so nobody argues about the method

- 1 station for 60 people needs 1 to 2 cups. One medium jug (48 cups) fits the range. One large jug (80 cups) costs \$11. Two small jugs (24 cups) cost \$10. So the cheapest jug that holds at least 60 cups uses two small jugs, \$10.

### challenge

Work out the cost of each jug that holds at least the number cups. Write the answer.

Which size is the cheapest per cup?

the answer

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Team Task, Day 3, page 1

### Team task, Week 2 (groups of four)

[illegible]

**Game: Class Feud (whole class)**

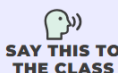


## PE and Health Set 1: Muscles and How They Work

PE and Health · Day 1

Read the six paragraphs, label the body outline from the word bank, then answer questions 1 to 6.

**This set reviews:** the three muscle types, tendons, muscles that pull in pairs (agonist and antagonist), the major muscle groups



"Today we learn how muscles move the body: the three muscle types, the big muscle groups and why muscles work in pairs. Work on your own, and start with the reading on page 1. Do the core task on each page first, then the star challenge when you finish."

### Pull, Relax, Repeat: How Your Muscles Move You

Every movement you make, from a blink to a jump shot, depends on muscle. Your body has three types of muscle: skeletal, smooth and cardiac. Each type is built for a different job, and only one of them is under your control.

Skeletal muscles are the ones you choose to use. There are more than 600 skeletal muscles in the human body, and most of them are attached to bones. Tendons connect muscle to bone. They are tough, cord-like bands, and you can feel one at the back of your ankle, where the calf muscle joins the heel bone. When a skeletal muscle contracts, it shortens and pulls on its tendon, and the tendon pulls the bone. When the muscle relaxes, it lengthens again and stops pulling.

Smooth muscle works without you deciding anything. It lines the walls of hollow organs such as the stomach, the intestines and the blood vessels, and it squeezes in slow waves to move food along or to narrow and widen blood vessels. Cardiac muscle is found only in the heart. It contracts with every heartbeat, all day and all night, and it relaxes for a split second between beats so the heart can fill with blood again. It is built to keep going without tiring the way skeletal muscle does.

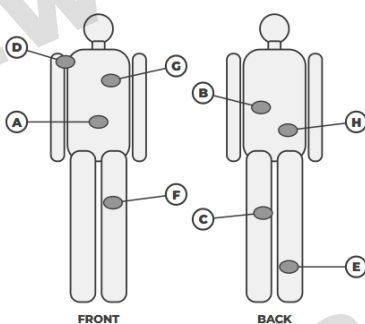
Here is the rule that explains most movement: muscles can only pull, never push. To move a bone one way and then back again, skeletal

muscles work in pairs on opposite sides of a joint. The muscle that shortens to make a movement is the **agonist**, or prime mover. The muscle on the other side, which relaxes and lengthens to let the movement happen, is the **antagonist**. Lift a backpack by bending your elbow, and the biceps on the front of your upper arm is the agonist while the triceps on the back relaxes. Straighten the arm again, and the two swap jobs.

Coaches use names for the big muscle groups. The **quadriceps** on the front of the thigh straighten the knee, and the **hamstrings** on the back of the thigh bend it. The **gluteals** in the hips and seat drive you up stairs and out of a chair. The **gastrocnemius**, the large calf muscle, lifts your heels, and the shin muscle in front of it, the **tibialis anterior**, lifts your toes. In the upper body, the **deltoids** cap the shoulders and lift the arms out to the side, the **latissimus dorsi** on each side of the back pull the arms down and back, the **pectorals** across the chest pull the arms across the body, and the **abdominals** on the front of the trunk keep it steady and help you bend forward.

If you try a new activity, your muscles may feel sore a day or two later. That kind of soreness is common and usually fades within a few days as the muscles adapt to the new work. A sharp or sudden pain is different: stop and tell a coach, the school nurse or a trusted adult.

### Label the outline



**Word bank:** abdominals, deltoids, gastrocnemius, gluteals, hamstrings, latissimus dorsi, pectorals, quadriceps

A ..... B .....  
C ..... D .....  
E ..... F .....  
G ..... H .....

### Questions (5 and 6: circle one letter)

- Name the three types of muscle. Which one is under your control?  
.....
- What does a tendon connect, and where can you feel one?  
.....
- What happens to a skeletal muscle when it contracts, and when it relaxes?  
.....
- Why does cardiac muscle relax for a split second between beats?  
.....
- Which words explain why skeletal muscles work in pairs?  

|                                          |                              |
|------------------------------------------|------------------------------|
| (A) "muscles can only pull, never push"  | (B) "attached to bones"      |
| (C) "built to keep going without tiring" | (D) "squeezes in slow waves" |
- Which words show that soreness after new activity is usually normal?  

|                                           |                                       |
|-------------------------------------------|---------------------------------------|
| (A) "A sharp or sudden pain is different" | (B) "usually fades within a few days" |
| (C) "under your control"                  | (D) "the two swap jobs"               |



### Challenge

How many of the eight labeled groups are in the legs (the thigh or the lower leg)? Name them.

How many: .....  
Names: .....



## PE and Health Set 1: Muscles Work in Pairs

Fill in the pair table, then sort the ten facts into the three muscle types. Use the reading on page 1.

PE and Health • Day 1

### Remember

The **agonist** shortens and pulls to make the move. The **antagonist** on the other side of the joint relaxes and lengthens to let it happen. Reverse the move, and they swap jobs.

| EVERYDAY MOVE                                                           | SHORTENS (AGONIST) | RELAXES (ANTAGONIST) |
|-------------------------------------------------------------------------|--------------------|----------------------|
| 1. Curling a backpack up to your chest by bending the elbow             |                    |                      |
| 2. Kicking a ball: the swing that straightens your knee                 |                    |                      |
| 3. Raising one arm out to the side to wave across a field               |                    |                      |
| 4. Straightening your bent elbow to press an elevator button            |                    |                      |
| 5. Bending your knee to tuck your heel back under your chair            |                    |                      |
| 6. Pulling a rope down from overhead to your side, like lowering a flag |                    |                      |

Choose from: biceps, triceps, quadriceps, hamstrings, deltoids, latissimus dorsi.

### Sort the facts

Write **SK** (skeletal), **SM** (smooth) or **C** (cardiac) in each box. Every fact fits exactly one type.

- |                                               |                      |                                                 |                      |
|-----------------------------------------------|----------------------|-------------------------------------------------|----------------------|
| 1 Found only in the heart                     | <input type="text"/> | 2 Pulls on bones through tendons                | <input type="text"/> |
| 3 Squeezes in slow waves to move food along   | <input type="text"/> | 4 You decide when it works                      | <input type="text"/> |
| 5 Relaxes for a split second between beats    | <input type="text"/> | 6 Lines the walls of the blood vessels          | <input type="text"/> |
| 7 The biceps and the hamstrings are this type | <input type="text"/> | 8 Contracts with every heartbeat, day and night | <input type="text"/> |
| 9 Part of the wall of the stomach             | <input type="text"/> | 10 There are more than 600 of these in the body | <input type="text"/> |

Count them: how many facts did you sort as each type?

Skeletal: \_\_\_\_\_ Smooth: \_\_\_\_\_ Cardiac: \_\_\_\_\_



### Challenge

A move that is not in the table: rising onto your tiptoes to reach a high shelf. Which muscle shortens, and which muscle relaxes?

Shortens: \_\_\_\_\_

Relaxes: \_\_\_\_\_



## PE and Health Set 1: Which Muscle Is Working?

Read each seated action and name the muscle group that does the main work. Trying an action in your seat is optional.

PE and Health · Day 1

### Five seated actions

Use the group names from the reading. Trying each one in your seat is optional, and the answers do not depend on it.

| ACTION                                                                                                 | MAIN WORKING GROUP |
|--------------------------------------------------------------------------------------------------------|--------------------|
| 1. Sitting tall, you lift your toes off the floor while your heels stay down.                          |                    |
| 2. You press your palms on the seat of your own chair and straighten your elbows so you lift a little. |                    |
| 3. You press the palms of your hands together hard in front of your chest.                             |                    |
| 4. You sit away from the backrest and brace the front of your trunk, as if someone might bump you.     |                    |
| 5. You squeeze your seat muscles so you rise a little higher in the chair.                             |                    |

In action 2, which muscle relaxes while the elbow straightens?

### Explain the pair

Explain in three or four sentences why the biceps and triceps have to work as a pair. Use the words pull, shorten and relax.

.....

.....

.....

### Check your words

Underline pull, shorten and relax in your answer. Then add one sentence: which muscle is the agonist when you straighten the elbow?

.....

.....

### ★ Challenge The muscle that never takes a day off

The heart works every second of your life, yet it never needs a rest day the way your leg muscles might after a long run. Use the reading to explain why.

Because: .....

.....

.....



## Answer Keys (1 of 10)

Teacher copy. Keep these pages out of the student sets.

### Day 1 opener: Sports Signals on Paper, answers

**1. Touchdown** (football): the ball carrier reached the end zone (also used when a kick through the goalposts is good). **2. Traveling** (basketball): the player with the ball moved their feet without dribbling. **3. Safe** (softball or baseball): the runner reached the base before being tagged or forced out. **4. Ball in** (volleyball): the ball landed inside the court lines. **5. First down** (football): the offense gained enough yards for a new set of downs. **6. Play on** (soccer): the referee saw a foul but lets play continue because stopping would hurt the team that was fouled (the advantage). **7. Timeout** (basketball or football): a team asked for a timeout, and the clock stops. **8. Four hits** (volleyball): a team touched the ball four times before sending it over; three is the limit.

Never used: Out and Offside. One point for each right call, 8 points at most.

### PE and Health Set 1: Muscles and How They Work

**Outline:** A abdominals; B latissimus dorsi; C hamstrings; D deltoids; E gastrocnemius; F quadriceps; G pectorals; H gluteals.

**Questions:** 1. skeletal, smooth and cardiac; skeletal muscle is the one you control; 2. muscle to bone; at the back of the ankle, where the calf muscle joins the heel bone; 3. it shortens and pulls on its tendon (and the bone); it lengthens again and stops pulling; 4. so the heart can fill with blood again before the next beat; 5. A ("muscles can only pull, never push"); 6. B ("usually fades within a few days").

**Page 1 star challenge:** 3 groups: quadriceps, hamstrings, gastrocnemius (the gluteals are in the hips and seat, not the leg).

**Pair table:** 1. biceps shortens, triceps relaxes; 2. quadriceps shortens, hamstrings relaxes; 3. deltoids shortens, latissimus dorsi relaxes; 4. triceps shortens, biceps relaxes; 5. hamstrings shortens, quadriceps relaxes; 6. latissimus dorsi shortens, deltoids relaxes.

**Sort:** 1 C, 2 SK, 3 SM, 4 SK, 5 C, 6 SM, 7 SK, 8 C, 9 SM, 10 SK. Counts: skeletal 4, smooth 3, cardiac 3. **Page 2 star challenge:** the gastrocnemius (calf) shortens; the tibialis anterior (shin muscle) relaxes.

**Seated actions:** 1. tibialis anterior (the shin muscle); 2. triceps; 3. pectorals; 4. abdominals; 5. gluteals. Action 2: the biceps relaxes.

**Explain the pair:** answers vary; full marks for: a muscle can only pull, so it cannot push the arm back; the biceps shortens and pulls to bend the elbow while the triceps relaxes; to straighten it, the triceps shortens and pulls while the biceps relaxes; so one muscle of the pair is needed for each direction. **Check your words:** the triceps is the agonist when the elbow straightens.

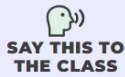
**Page 3 star challenge:** answers vary; accept an answer that uses the reading: cardiac muscle is a different type from skeletal muscle, built to keep going without tiring; it gets a short rest every beat, because it relaxes for a split second between beats while the heart fills with blood. (Leg muscles are skeletal muscle, which tires after long, hard work.)



## Calm Block, Day 1: Learn 8 Words

Work alone and quietly. Learn 8 muscle and joint terms, then test yourself on page 2.

Calm · Day 1



"Next is a quiet calm block of about twenty minutes, done alone and without talking. Study the eight muscle and joint terms on page 1, then turn the page face down and match the meanings on page 2. Check your own answers at the bottom of page 1 only when you are done."

### How to learn them

- 1 Read the word and its meaning.
- 2 Read the example sentence.
- 3 Cover the word. Say it from the meaning.
- 4 Write it once on the line.

Know all eight? Turn this page face down and take the test on page 2.

| WORD                      | MEANING AND EXAMPLE                                                                                                                                                    | WRITE IT |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 1 <b>ligament</b><br>NOUN | a tough band of tissue that holds one bone to another bone at a joint<br><i>The <b>ligament</b> on the outside of the knee keeps the joint from wobbling sideways.</i> | _____    |
| 2 <b>tissue</b><br>NOUN   | a group of similar cells that work together, such as muscle or bone<br><i>Muscle is one kind of <b>tissue</b>, and bone is another.</i>                                | _____    |
| 3 <b>flex</b><br>VERB     | to bend a body part at a joint so the angle gets smaller<br><i>When you <b>flex</b> your elbow, your hand comes up toward your shoulder.</i>                           | _____    |
| 4 <b>extend</b><br>VERB   | to straighten a body part at a joint so the angle gets bigger<br><i>Kickers <b>extend</b> the knee at the end of the swing.</i>                                        | _____    |
| 5 <b>posture</b><br>NOUN  | the way you hold your body when you sit, stand or move<br><i>Good <b>posture</b> at a desk means feet on the floor and shoulders relaxed.</i>                          | _____    |
| 6 <b>nerve</b><br>NOUN    | a bundle of fibers that carries signals between the brain and the body<br><i>A <b>nerve</b> tells your biceps when to start pulling.</i>                               | _____    |
| 7 <b>reflex</b><br>NOUN   | a fast movement the body makes on its own, before you can think<br><i>Pulling your hand back from a hot pan is a <b>reflex</b>.</i>                                    | _____    |
| 8 <b>atrophy</b><br>VERB  | to waste away and grow weaker from not being used<br><i>Muscles can <b>atrophy</b> when an arm stays in a cast for weeks.</i>                                          | _____    |

Check your test here (only after the test) Turn the page upside down to read.

1 tissue 2 posture 3 flex 4 reflex 5 atrophy 6 extend 7 nerve 8 ligament



## Team Task, Day 2: Design Sheet

One sheet per group. The recorder writes, everyone decides. Copy the final plan onto the folded card.

Team • Day 2

| STATION       | MOVE NUMBER AND NAME               | C, S OR F | SECONDS | SEATED OPTION (SHORT) |
|---------------|------------------------------------|-----------|---------|-----------------------|
| 1 (warm-up)   |                                    |           |         |                       |
| 2             |                                    |           |         |                       |
| 3             |                                    |           |         |                       |
| 4             |                                    |           |         |                       |
| 5 (cool-down) |                                    |           |         |                       |
| <b>Total</b>  | <b>Must be exactly 240 seconds</b> |           |         |                       |

### Make the card

1. Fold the sheet in half, then in half again, to make four panels.
2. Panel 1: a name for the circuit and the safety rules in your own words.
3. Panels 2 and 3: the five stations in order, each with its time and seated option.
4. Panel 4: a short cue for each station, such as keep your back straight.

### Scoring another group's card

- Read the card together at your desks, one station at a time. Nobody moves.
- Check every scoring row on page 1 and write the points below.
- You may not ask the designers anything. If a station is unclear, write down why.

**Time plan (40 min):** label the move bank together (6), design the card (12), make the folded card (8), swap cards and score another group's card on paper (10), reflect and hand in (4).

Group of three: one person reads and also records. Group of five: two people check the time total.

### Score for the card we judged

Card by ..... Safe ..... Time ..... Order ..... Components .....  
 Labels ..... Seated ..... Clear ..... Total .....

### Reflect

Which station on the card you judged was hardest to follow, and how would you rewrite it?

.....  
 .....

**Optional extra, only if time is left:** the class may try one card together, and it stays optional: anyone may do the seated option or simply watch, and nobody has to move.

### ★ Challenge

Why does a circuit start with a gentle cardio move and end with a stretch? Give one reason for each.

**Cardio first:** .....

**Stretch last:** .....



## Game, Day 1: The Board

Tape this to the whiteboard or copy it. Cross squares off as they are played.

Game • Day 1

| TYPES | PAIRS | GROUPS | NEW TERMS | MAP RELAY |
|-------|-------|--------|-----------|-----------|
| 100   | 100   | 100    | 100       | 100       |
| 200   | 200   | 200    | 200       | 200       |
| 300   | 300   | 300    | 300       | 300       |
| 400   | 400   | 400    | 400       | 400       |
| 500   | 500   | 500    | 500       | 500       |

### Scores

Team 1

.....

.....

.....

Team 2

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.....

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Team 3

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.....

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Team 4

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.....

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Team 5

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.....

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Team 6

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## Game, Day 2: Paper Password

Sub script and health word list. 15 minutes at the end of the period, or for extra time. Optional.

Game • Day 2



"If there is time left, we can play an optional round of Password in pairs as a fun way to end the class. Partner A gives one-word clues first for today's words, and fewer clues mean more points."

### Set up (2 minutes)

- Before class, cut each card page into its four round cards. Hand each pair **ONLY** the current round's card; pairs keep used cards for the totals.
- Partner A is the clue giver in rounds 1 and 3, Partner B in rounds 2 and 4. The guesser never sees the card.
- Each round lasts 2 minutes. The clue giver says **ONE** word. The guesser gets **ONE** guess. Wrong: give another one-word clue.
- After five clues without a right guess, the word scores 0 and the pair moves on. Say "Go" and "Stop" for each round.

### Read this out

"Your clue is one word only. You may not say the secret word or any part of it. If the word is snowman, you cannot say snow or man. No gestures, no spelling, no rhymes. Break a rule and that word scores zero."

**Scoring:** guessed on clue 1 = 5 points, clue 2 = 4, clue 3 = 3, clue 4 = 2, clue 5 = 1. The clue giver circles the number on the card. After round 4, pairs add their round totals. Highest total wins.

**Words marked (calm) or (team), here and on the cards, come from today's calm block or team task. If the class skipped that block, pairs skip them (and any round left empty).**

### Referee calls

Two words glued together ("hotdog") count as one clue only if they make a real single word. Plurals and "-ing" forms of the secret word are not allowed. If a pair disagrees about a clue, the word scores zero and they move on. Each example clue below is allowed, and a good first clue.

### Timing (15 minutes)

**0:00**

Set up, rules

**2:00**

Round 1, Partner A

**4:30**

Round 2, Partner B

**7:00**

Round 3, Partner A

**9:30**

Round 4, Partner B

**12:00**

Add totals, winners

#### Round 1: Partner A gives clues

|          |                      |
|----------|----------------------|
| DYNAMIC  | example clue: moving |
| STATIC   | example clue: still  |
| WARMUP   | example clue: before |
| COOLDOWN | example clue: after  |
| JOINT    | example clue: knee   |

#### Round 3: Partner A gives clues

|                  |                        |
|------------------|------------------------|
| MOBILITY (calm)  | example clue: movement |
| LIMBER (calm)    | example clue: loose    |
| SUPPLE (calm)    | example clue: bendy    |
| BALLISTIC (calm) | example clue: bouncing |
| STIFF (calm)     | example clue: rigid    |

#### Round 2: Partner B gives clues

|         |                      |
|---------|----------------------|
| RANGE   | example clue: motion |
| BOUNCE  | example clue: spring |
| GENTLE  | example clue: soft   |
| TENSION | example clue: mild   |
| GRADUAL | example clue: slowly |

#### Round 4: Partner B gives clues

|                |                      |
|----------------|----------------------|
| TORSO (calm)   | example clue: trunk  |
| ROTATE (calm)  | example clue: turn   |
| ELASTIC (calm) | example clue: rubber |
| CHANGE (team)  | example clue: switch |
| PHASE (team)   | example clue: stage  |



## Game, Day 4: Classroom Millionaire

Sub script and the 12 questions. 15 minutes at the end of the period, or for extra time. Optional.

Game • Day 4



"If time is left, we can finish with an optional game of Classroom Millionaire, a fun way to end the class. The whole class climbs a ladder of twelve questions on today's ads lesson, with a new student in the hot seat each time. First I pick the hot seat, and that student may ask the class for advice."

### How it works

1. Tape up the ladder sheet. The whole class is one player. Pick a student for the hot seat (a new student for every question).
2. Read the question and the four options, then read the options again. The hot seat may listen to quiet advice, then says "final answer" and a letter.
3. Right: the class climbs one rung. Before hearing the next question, the class may vote to walk away and keep what it has.
4. Wrong: the climb ends. Rungs 4 and 8 are safe: the class keeps the last safe amount it passed.
5. Time left over? Play the questions again as a team quiz.

### Three lifelines (one use each)

**Ask the class:** everyone shows 1, 2, 3 or 4 fingers at once for A, B, C or D. The hot seat looks, then decides.

**50/50:** read out the two wrong options listed under the question. Cross them off.

**Phone a friend:** the hot seat picks one classmate, who has 30 seconds to say what they think out loud.

"Only the hot seat's final answer counts. Shout an answer and the class loses a lifeline."

**Items marked (calm) or (team) come from today's calm block or team task: skip them if the class did not do that block.**

### Rungs 1 to 4, rung 4 is safe

1. **\$100** Everyone is buying it! Which technique?  
A. Bandwagon B. Testimonial C. Slogan D. Survey  
**Answer: A. Bandwagon (50/50 removes C and D)**
2. **\$250** One happy customer's quote is called a?  
A. Slogan B. Testimonial C. Label D. Study  
**Answer: B. Testimonial (50/50 removes A and C)**
3. **\$500** Which word in an ad is a red flag?  
A. Bottle B. Miracle C. Season D. Water  
**Answer: B. Miracle (50/50 removes A and C)**
4. **\$1,000** A star athlete posing with a product is a?  
A. Bandwagon B. Survey C. Endorsement D. Label  
**Answer: C. Endorsement (50/50 removes B and D)**

### Rungs 5 to 8, rung 8 is safe

5. **\$2,500** Which is a reliable health source?  
A. Seller B. Rumor C. Nurse D. Ad  
**Answer: C. Nurse (50/50 removes B and D)**
6. **\$5,000** Which of today's four ads had no red flag?  
A. Ad 1 B. Ad 2 C. Ad 3 D. Ad 4  
**Answer: B. Ad 2 (50/50 removes C and D)**
7. **\$10,000** What did the gummy ad promise instantly?  
A. Sleep B. Speed C. Focus D. Strength  
**Answer: C. Focus (50/50 removes A and D)**
8. **\$25,000** Who questions a claim before believing it? (calm)  
A. Sponsor B. Skeptic C. Consumer D. Fan  
**Answer: B. Skeptic (50/50 removes A and D)**

### Rungs 9 to 12

9. **\$50,000** Who pays to support a team or an event? (calm)  
A. Skeptic B. Buyer C. Sponsor D. Critic  
**Answer: C. Sponsor (50/50 removes A and D)**
10. **\$100,000** Which ad broke both rows 4 and 5? (team)  
A. Sunscreen B. Mouthguard C. Jump rope D. Towel  
**Answer: D. Towel (50/50 removes A and B)**
11. **\$500,000** Do supplements need FDA approval to be sold?  
A. No B. Yes C. Only gummies D. Only pills  
**Answer: A. No (50/50 removes C and D)**
12. **\$1 MILLION** Truth Test rubric: how many points in all? (team)  
A. 5 B. 8 C. 10 D. 12  
**Answer: C. 10 (50/50 removes A and D)**

### If the class misses

- |                        |                             |
|------------------------|-----------------------------|
| Wrong on rung 1 to 4   | <b>class keeps \$0</b>      |
| Wrong on rung 5 to 8   | <b>class keeps \$1,000</b>  |
| Wrong on rung 9 to 12  | <b>class keeps \$25,000</b> |
| Walk away after rung n | <b>class keeps rung n</b>   |



## PE and Health Set 2: Warm-Up, Cool-Down and Flexibility

PE and Health • Day 2

Read the five paragraphs, sort the twelve moves, then answer questions 13 and 14. Nobody has to stretch: this is paper work.

**This set reviews:** why and how to warm up and cool down, dynamic and static stretching, flexibility as range of motion, safe stretching rules



"Today is about the start and the end of a workout: warming up, cooling down and stretching safely. Work on your own on paper; nobody has to stretch, and any move you try stays optional and in your seat. Start with the reading on page 1, then sort the twelve moves."

### Easing In and Easing Out

A warm-up is the bridge between sitting still and playing hard. At rest, your muscles are cool and your heart beats slowly. A good warm-up raises your heart rate and the temperature of your muscles step by step, so your body is ready for faster, harder work. Most warm-ups take about 5 to 10 minutes. They start with easy whole-body movement, such as walking, marching or light jogging, and build toward the speed of the real activity. A warm-up for basketball might end with quick passes and short sprints, while a warm-up for swimming might end with a few easy laps.

There are two main kinds of stretching. **Dynamic stretching** means moving a body part through its range of motion in a smooth, controlled way, again and again: arm circles, leg swings and high knees are examples. **Static stretching** means easing a muscle into a gentle stretch and holding it still, usually for about 15 to 30 seconds. Most coaches and trainers use dynamic stretches before activity, because they keep the body moving and warm, and save static stretches for after activity, when the muscles are already warm.

**Flexibility** is the range of motion at a joint: how far a body part can move, such as how far you can reach toward your toes with your knees straight. It is different for every person, and even for different joints in the same person. A shoulder or a hip can move in many directions, while a knee mostly bends and straightens. Regular stretching can improve it over time, but stretching is not a contest, and comparing your reach with someone else's tells you very little.

Safe stretching follows a few simple rules. Never bounce at the end of a stretch; move into it slowly. Stretch only to the point of mild tension, never to pain. Breathe slowly and normally instead of holding your breath. Stretch both sides of the body the same amount. If something hurts in a sharp way, stop and tell a coach or a trusted adult.

The **cool-down** is the warm-up in reverse. After hard exercise, a few minutes of easy movement, such as walking, let your heart rate and breathing come down gradually instead of all at once. Stopping suddenly after a hard sprint can leave some people feeling dizzy, which is one more reason to slow down step by step. Static stretches fit well at the end of the cool-down. A warm-up and a cool-down take only a few minutes, and many coaches see them as one way to help lower the risk of some injuries, even though no routine can prevent every injury.

### Sort the moves

In the first box write **D** (dynamic: moving) or **S** (static: held still). In the second box write **W** (warm-up) or **C** (cool-down).

- |                                                |                                                   |                                                  |                                                   |
|------------------------------------------------|---------------------------------------------------|--------------------------------------------------|---------------------------------------------------|
| 1 Arm circles: small circles that grow bigger  | <input type="checkbox"/> <input type="checkbox"/> | 2 Seated reach: hold a reach toward the toes     | <input type="checkbox"/> <input type="checkbox"/> |
| 3 Leg swings: swing one leg forward and back   | <input type="checkbox"/> <input type="checkbox"/> | 4 Cross-body hold: one arm held across the chest | <input type="checkbox"/> <input type="checkbox"/> |
| 5 High knees: march, lifting the knees high    | <input type="checkbox"/> <input type="checkbox"/> | 6 Calf hold: back leg straight, heel down, held  | <input type="checkbox"/> <input type="checkbox"/> |
| 7 Arm swings: arms swing wide open, then cross | <input type="checkbox"/> <input type="checkbox"/> | 8 Overhead hold: a hand held down the upper back | <input type="checkbox"/> <input type="checkbox"/> |
| 9 Heel flicks: easy jog, heels flick up behind | <input type="checkbox"/> <input type="checkbox"/> | 10 Thigh hold: one ankle held behind you         | <input type="checkbox"/> <input type="checkbox"/> |
| 11 Ankle circles: slow circles with one foot   | <input type="checkbox"/> <input type="checkbox"/> | 12 Chest opener: hands clasped behind, held      | <input type="checkbox"/> <input type="checkbox"/> |

13. Which words explain why static stretches are saved for after activity?

- |                                           |                                                      |
|-------------------------------------------|------------------------------------------------------|
| (A) "when the muscles are already warm"   | (B) "through its range of motion"                    |
| (C) "start with easy whole-body movement" | (D) "Stretch both sides of the body the same amount" |

14. Which words show that comparing flexibility with a classmate is not useful?

- |                                                   |                                      |
|---------------------------------------------------|--------------------------------------|
| (A) "Regular stretching can improve it over time" | (B) "tells you very little"          |
| (C) "Never bounce at the end of a stretch"        | (D) "a few minutes of easy movement" |



### Challenge

Which two moves in the sort are both dynamic AND for the upper body? Give their numbers.

Moves: .....

Why: .....

# In the full product

Two weeks of high school PE and health, planned and ready to print.

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

**10** days, each with a PE and health set, a calm block, a team task and an optional game

**42** "say this" scripts: one for every task, read out by the sub

**20 + 10** solo blocks (PE and health sets and calm blocks) + team tasks for groups of four

## Use it your way

- A longer absence: two full weeks of high school PE and health, ready before you need them.
- Grades 9 to 12: classroom work on paper, no gym or equipment, any movement optional and seated; every PE and health set has a core task and a ★ challenge for fast finishers.
- Your sub tub: print it once and keep it all year.
- Any sub: a script to read out for every task and every answer in the key, so no PE or health background is needed.

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



**Classroom**  
REVIEW GAMES