Health and PE Sub Plans Week, High School

Week-long sub plans: five days of print and go work for grades 9 to 12, planned Monday to Friday.

PREVIEW

What is included

- Sub binder: notes, the filled-in week plan, a blank schedule, class list, Monday opener (11 pages)
- Health and PE sets for five days (15 pages)
- Calm puzzles and reset sheets (10 pages)
- Health and PE team tasks (9 pages)
- Health and PE games (10 pages)
- Answer keys (12 pages)

How it works

1. Open the week plan. Every set already has its day and page number.
2. Each day: one health and PE set per period (a lesson with worked examples, practice and a challenge), a calm puzzle, a team task and a game for the last 15 minutes.
3. The sub needs no subject knowledge. Every answer is in the key.
4. Print in color or ink-saver black and white, US Letter or A4.

What this preview shows: the filled-in week plan, the note to the substitute, the Monday opener, and all of Day 1 (the health and PE set, the calm block, the team task and the game), one answer-key page and one ink-saver page. Every product page is watermarked. The full kit has 68 pages.







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
Start of class	**Meet Your Sub** p. 10 · 15 min, every period	Attendance, voice level	Attendance, voice level	Attendance, voice level	Attendance, voice level
Main work, every period	**Health and PE 1** Nutrition Labels and Macronutrients p. 13	**Health and PE 2** Fitness Planning with FITT p. 21	**Health and PE 3** Sleep Stress and Mental Health Basics p. 30	**Health and PE 4** Sports Rules and Strategy p. 39	**Health and PE 5** First Aid and Safety p. 48
Early finishers or a loud moment	**Word Search and Reset Sheet** p. 16	**Sudoku and Grounding Sheet** p. 24	**Secret Codes and Control Sheet** p. 33	**Maze and Brain Dump** p. 42	**Word Ladders and Three Good Things** p. 51
Block period or extra time	**The Decibel Ladder** p. 18	**The Tournament Cooler** p. 26	**The Desk Circuit Card** p. 35	**The Picnic Investigation** p. 44	**Four Years of PE** p. 53
Last 15 minutes, if earned	**Whiteboard Jeopardy** p. 19	**Paper Password** p. 28	**Class Feud** p. 37	**Classroom Millionaire** p. 46	**Mystery Box** p. 55

How to use this plan

- Page numbers point to the first page of each set. Copy one per student.
- The calm block is always allowed: a period that runs short, a loud class, or anyone who finishes early.
- The game is the reward. Skip it on a day the class has not earned it.

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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 front pages (important information, weekly schedule, class list) are filled in for this week. After them come the work sets, one per day: **Health and PE 1** is Monday's set, **Health and PE 2** is Tuesday's, and so on to **Health and PE 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. The first page of every set tells you what to say. Every set ends with a challenge, so it stretches to a 90-minute block when you need it.

After the subject sets come the shared blocks, one of each per day. The **calm block** is always allowed: for a period that runs short, a loud class, or anyone who finishes early. The **team task** fills a period on its own. The **game** is the reward slot: fifteen minutes, from the script, when a class has earned it.

Each day has

- One Health and PE set (one period, with a challenge to stretch it)
- A calm and quiet block: a puzzle page and a reset sheet
- 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 set has a challenge at the end, 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.

Did this kit work well for your class? A quick review helps other teachers find it and earns you TpT credits. Thank you!

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Meet Your Sub

Day 1 opener, 15 minutes at the start of every period on Monday, before the set. Nothing to prepare.

Opener

Sub script (the same five minutes in every class)

1. **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 reads a sub in about ten seconds, so give them something real to read.
2. **Introduce yourself from the sheet** in two minutes. Then hold up the Ask the Sub list and take three questions from raised hands. Three, not ten. Say when you are done taking questions.
3. **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.
4. **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.
5. **Start the set** with one sentence: this is today's work, it has a challenge at the end, and the calm block is always allowed when you are finished.

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 a period runs ten minutes short

- Run Common Ground in groups of four. Six minutes of work, four minutes of reading out.
- Or hand out the reset sheet from the calm block 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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Health and PE Set 1: Nutrition Labels and Macronutrients

Health and PE · Day 1

Read the three paragraphs, then use the printed label to answer the seven questions on the lines.

Food gives your body two things at once: energy and raw material. The energy is counted in calories, and it arrives in three nutrients you eat in large amounts, called **macronutrients**. Carbohydrate supplies about 4 calories per gram and is the fuel your brain and working muscles reach for first. Protein also supplies about 4 calories per gram, and your body uses it to build and repair tissue. Fat supplies about 9 calories per gram, more than twice as much per gram, and it carries several vitamins into the body. Every calorie on a label comes from one of those three.

A Nutrition Facts panel turns all of that into a short table, and it is easy to read once you know the order. The **serving size** at the top sets the scale, because every number below it describes one serving and not the whole package. Directly under it, **servings per container** says how many of those servings the package holds. That line is where most people misread a label: a bag that looks like a single snack is often listed as two or three servings, so the real total is two or three times what the panel shows. **Calories** come next, then grams of fat, carbohydrate and protein, then the vitamins and minerals.

The right column is the **percent Daily Value (%DV)**. It compares one serving with a general daily reference built on a 2,000 calorie day, so it lets you compare two products in seconds without doing any math. A useful rule of thumb is that 5% DV or less counts as low and 20% DV or more counts as high. Labels are a comparison tool, not a report card. No single food has to hit every target, and reading a panel is mostly about knowing what you are actually getting before you decide.

Nutrition Facts

8 servings per container

Serving size	1 bar (50 g)
Calories	**200**
	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 2.5g	**13%**
Sodium 115mg	**5%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 4g	**14%**
Total Sugars 11g	
Added Sugars 8g	**16%**
Protein 5g	
Calcium 65mg	**5%**
Iron 1.8mg	**10%**
Potassium 180mg	**4%**

* The % Daily Value tells you how much a nutrient in one serving adds to a daily total. A 2,000 calorie day is the general reference.

Read the label

1. How many calories are in one bar?

2. Split those calories three ways: how many come from fat, from carbohydrate, and from protein?

3. What percent of one bar's calories come from fat?

4. Theo eats two bars. How many grams of added sugars is that, and what %DV?

5. Which line on this label carries the highest %DV?

6. Using the 5% and 20% rule, is one bar low or high in sodium?

7. How many calories are in the whole box?

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Health and PE Set 1: Counting the Macronutrients

Health and PE · Day 1

Use the two rules in the box, fill in both blank columns of the table, then answer the four questions.

Two rules

Calories = (carbohydrate grams x 4) + (protein grams x 4) + (fat grams x 9)

Worked example: 20 g carbohydrate, 3 g protein and 5 g fat gives 80 + 12 + 45 = 137 calories.

Percent Daily Value = (amount in one serving / Daily Value) x 100

A chicken wrap has 34 g carbohydrate, 19 g protein and 11 g fat. Its calories are _____

A cup of canned soup has 690 mg of sodium (Daily Value 2,300 mg). Its %DV is _____

FOOD AND SERVING	CARBOHYDRATE (G)	PROTEIN (G)	FAT (G)	CALORIES	CALORIES FROM FAT
Black beans, 1 cup cooked	41	15	1		
Grilled chicken breast, 3 oz	0	26	3		
Whole wheat bread, 2 slices	24	8	2		
Almonds, 1 oz	6	6	14		
Plain Greek yogurt, 1 cup	9	20	5		
Olive oil, 1 tablespoon	0	0	14		
Baked potato, 1 medium	37	4	0		
Cheddar cheese, 1 oz	1	7	9		

Questions

1. **Which food in the table gives the most calories in one serving?**

2. **Which food gets the greatest percent of its calories from protein? Give the percent.**

3. **What percent of the calories in an ounce of almonds comes from fat? Show the numbers you used.**

4. **Maya eats a baked potato and one ounce of cheddar cheese. How many calories is that, and how many grams of protein?**

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Health and PE Set 1: Compare Two Snacks

Fill in the three blank rows of the comparison table, then answer the questions and the challenge.

Health and PE · Day 1

PER ONE SERVING	CAMPFIRE OAT BARS	TRAIL CRUNCH MIX
Serving size	1 bar (50 g)	1/3 cup (40 g)
Servings per container	8	2.5
Fat (g)	8	12
Carbohydrate (g)	27	18
Protein (g)	5	6
Sodium (mg)	115	95
Dietary fiber (g)	4	3
Added sugars (g)	8	5
Calories in one serving		
Percent of calories from fat		
Calories in the whole container		

Questions

1. **Which snack gives more calories in one serving, and by how many?**

2. **Jonah eats the whole bag of Trail Crunch Mix on the bus. How many calories is that? Show the math.**

3. **Which snack takes the larger share of its calories from fat? Give both percents.**

4. **Which snack delivers more protein per 100 calories?**

5. **Compare the two snacks on added sugars %DV. Which one is higher, and is either one high by the 5 and 20 rule?**

Challenge

1. Priya packs one Campfire Oat Bar and one serving of Trail Crunch Mix for a long day of classes and practice. How many calories is that in total, how many grams of protein, and what percent of those total calories comes from fat?

2. A classmate says a package with 120 calories on the front is always the lighter choice. Use the serving size line to explain when that claim falls apart.

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Calm Block, Day 1: Word Search

Find all 12 health words. Any direction, including backward and diagonal. Pencils only, voices at 0.

Calm · Day 1

Y	K	W	H	Y	G	I	E	N	E	Z	S	D	H
U	R	S	T	R	E	T	C	H	X	G	L	O	I
H	Z	E	O	N	I	M	A	T	I	V	K	X	D
T	Y	B	V	F	N	B	F	I	Y	S	T	Y	T
A	E	D	O	O	M	T	V	C	Y	X	Q	G	Y
U	N	Q	R	T	C	S	S	E	N	L	L	E	W
C	D	I	N	A	J	E	J	H	I	F	D	N	C
C	A	W	M	U	T	M	R	P	I	R	I	K	N
U	U	R	B	A	T	I	L	E	U	B	B	C	P
U	K	E	D	Z	T	R	O	W	F	Q	P	R	B
X	M	M	U	I	B	S	I	N	U	I	R	P	H
B	K	C	L	D	O	F	K	E	A	E	B	O	F
Z	I	B	Y	U	E	B	B	C	N	G	S	E	P
Y	B	P	P	R	O	T	E	I	N	T	F	F	R

HYDRATION · NUTRIENT · WELLNESS · RECOVERY · STRETCH · VITAMIN · STAMINA · HYGIENE · PROTEIN · CARDIO · OXYGEN · FIBER

Faster than reading every square

- Hunt the rare letters first. Only one word in the list has a X in it, so every X in the grid is worth a second look.
- Scan one row at a time for a word's first two letters, then check all eight directions from that square.
- Cross a word off the list the second you circle it, or you will search for it twice.

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Calm Block, Day 1: Reset Sheet

For one person, at your own pace. Nobody collects this and nobody reads it but you.

Calm · Day 1

Two minutes, then back to it

This is not a mood test and it is not therapy. It is a short routine for the moments when your head is somewhere else and the work in front of you is going nowhere: slow the breath, put a name on the feeling, pick the next five minutes. Work down the page and stop at the bottom.

Step 1: make the breath out longer

Breathe in through your nose while you count to four, then out through your mouth while you count to six. The long breath out is the part that slows your heart rate down. Six rounds, then stop.

Tick a box for each round so you are not counting in your head.

☐☐☐☐☐☐

Step 2: name it

A feeling you can name gets smaller. Tired, annoyed, behind, worried, bored, flat, wired. One word is enough, and it does not have to be the right word.

Write yours on the first line below.

Name it in one word, then write the sentence your head keeps repeating

What is actually true right now, in this room, that I could check in ten seconds

The next five minutes: what I will do the moment I put this sheet down

What usually helps me

- ☐ Water and a real breath of air
- ☐ Writing the thing down instead of holding it
- ☐ Two minutes of a puzzle or a doodle
- ☐ Starting the smallest piece of the work
- ☐ Standing up and stretching my shoulders
- ☐ Putting my phone face down in my bag
- ☐ Asking one person one question
- ☐ Deciding to deal with it after school

My own line

Something that works for you that is not on that list.

Right now I feel (circle one)

1 2 3 4 5 6 7 8 9 10

1 = settled, 10 = about to boil over. Check the same number again in ten minutes. Down by one is the whole point.

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Team Task, Day 1: The Decibel Ladder

Groups of four. Voice level 2. One sheet per group, one person writes, and no number goes down until all four agree.

Team · Day 1

The situation

Loud sound damages the tiny hair cells deep inside the ear, and those cells do not grow back. The louder the sound, the less time it takes. Sound level is measured in **decibels (dB)**. Your group is making a poster that ranks twelve everyday sounds from the loudest to the quietest.

Your job: rank the twelve sounds from **1 (loudest)** to **12 (quietest)**. Work alone for five minutes and fill in "My rank". Then argue it out and agree on one set of numbers. Every rank from 1 to 12 is used exactly once. When every group is done, the sub reads out the order from a hearing health chart and you score the difference.

	SOUND	MY RANK	GROUP RANK	CHART RANK	DIFFERENCE
A	**A gas lawn mower, heard by the person pushing it**				
B	**A soft whisper across a table**				
C	**Standing right beside an emergency siren**				
D	**A normal conversation between two friends**				
E	**Normal breathing**				
F	**A car horn heard from 16 feet away**				
G	**A refrigerator humming in a quiet kitchen**				
H	**A firecracker going off nearby**				
I	**A ticking watch held near your ear**				
J	**A motorcycle engine, heard by the rider**				
K	**A dishwasher running in the same room**				
L	**Someone shouting right into your ear**				
	Total difference (lower is better)				

Scoring

For each row: group rank minus chart rank, and drop the minus sign. Add the twelve numbers up.

- **8 or less:** excellent: your ears are in good hands
- **9 to 18:** good
- **19 to 30:** fair
- **Over 30:** time to listen again.

Group of three: everyone writes a rank before you talk. Group of five: the fifth person is the scorer and checks every difference.

Defend one choice

Pick the row where your group and the chart disagree most. Why did your group put it there?

.....

.....

Challenge: a safe limit is 85 dB for 8 hours, and every 3 dB louder halves the safe time. How long is safe at 94 dB?

.....

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Game, Day 1: Whiteboard Jeopardy

Sub script and questions. 15 minutes at the end of the period, or whenever the class has earned it.

Game · Day 1

Set up (2 minutes)

1. Draw a 5 by 5 grid on the board, or tape up the board sheet. Write the five category names across the top and the values 100 to 500 down each column.
2. Teams of four to six. Team 1 picks a category and a value.
3. Read the question. The team gets 15 seconds and one answer. Right: they take the points and pick again. Wrong: the next team may steal, then play moves on.
4. Cross the square off. Highest total when time is up wins.

Read this out

"One voice per team: pick a captain who says the final answer. Shouted answers do not count and the square is dead. Team 1, choose a category and a value."

Keep the running score in a corner of the board. If a team argues a call, the script wins and the game moves on. The bold answer is the one to accept, but take a clear equivalent too (cardio for aerobic, CPR for its full name).

Nutrition

100 Which nutrient is the body's main source of quick energy?
Carbohydrates

200 Which vitamin does skin make in sunlight?
Vitamin D

300 How many calories are in one gram of protein?
4

400 How many calories are in one gram of fat?
9

500 Which mineral helps red blood cells carry oxygen?
Iron

Sports

100 How many points is a basketball free throw worth?
One

200 How many players does a soccer team have on the field?
Eleven

300 How many players does a volleyball team have on the court?
Six

400 How many meters is one lap of a standard outdoor track?
400

500 In tennis, what is the word for a score of zero?
Love

Body Systems

100 Which organ pumps blood through the body?
The heart

200 What is the largest organ of the human body?
The skin

300 How many bones are in the adult human body?
206

400 Which blood vessels carry blood away from the heart?
Arteries

500 Which body system uses glands to release hormones?
Endocrine

First Aid

100 What number do you call for an emergency in the US?
911

200 What portable device can restart a heart with a shock?
An AED

300 What is the first step to slow bleeding from a cut?
Firm, direct pressure

400 What are abdominal thrusts for a choking person called?
The Heimlich maneuver

500 What does CPR stand for?
Cardiopulmonary resuscitation

Fitness

100 What exercise, like jogging, trains the heart and lungs?
Aerobic

200 What does the F in FITT stand for?
Frequency

300 What is the usual formula for maximum heart rate?
220 minus age

400 Using 220 minus age, what is a 16-year-old's maximum heart rate?
204

500 What is a muscle's ability to keep working without tiring?
Muscular endurance

Final Wager: Sleep

Play this when the board is clear, or when two minutes are left. Announce the category, then every team writes a secret wager of up to the points it already has. Read the question. Teams get 60 seconds of silent writing, then hold their answers up together.

Health experts recommend a nightly amount of sleep for teenagers aged 13 to 18. About how many hours per night is that?
8 to 10 hours

Right: add the wager. Wrong: subtract it. That is the final score.

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Game, Day 1: The Board

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

Game · Day 1

NUTRITION	BODY SYSTEMS	FITNESS	SPORTS	FIRST AID
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

Team 3

Team 4

Team 5

Team 6

Final Wager: Sleep

Write your wager before you hear the question. A team may bet any amount up to the points it already has. Right answer: add the wager. Wrong answer: subtract it.

Team 1
WAGER
ANSWER

Team 2
WAGER
ANSWER

Team 3
WAGER
ANSWER

Team 4
WAGER
ANSWER

Team 5
WAGER
ANSWER

Team 6
WAGER
ANSWER

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Answer Keys (1 of 12)

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

Health and PE Set 1: Nutrition Labels and Macronutrients

Read the label: 1. 200 calories; 2. 72 from fat, 108 from carbohydrate, 20 from protein; 3. 36%; 4. 16 g, 32%; 5. Added Sugars (16%); 6. low (5%); 7. 1,600 calories (200 x 8).

Two rules: 311 calories; 30%, high. **Table (calories / calories from fat):** Black beans 233 / 9; Grilled chicken breast 131 / 27; Whole wheat bread 146 / 18; Almonds 174 / 126; Plain Greek yogurt 161 / 45; Olive oil 126 / 126; Baked potato 164 / 0; Cheddar cheese 113 / 81.

Questions: 1. Black beans (233 calories); 2. Grilled chicken breast (79%); 3. 72% (126 of 174); 4. 277 calories, 11 g protein.

Comparison table: Campfire Oat Bars 200 calories, 36% from fat, 1,600 per container; Trail Crunch Mix 204 calories, 53% from fat, 510 per container.

Questions: 1. Trail Crunch Mix (204 against 200, 4 more); 2. 510 calories (204 x 2.5); 3. Trail Crunch Mix (53% against 36%); 4. Trail Crunch Mix (2.9 g against 2.5 g); 5. Campfire Oat Bars (16% against 10%); neither reaches 20%.

Challenge: 1. 404 calories, 11 g protein, 45% from fat (180 of 404). 2. Answers vary; accept any answer saying the front number is per serving, so a package holding more than one serving delivers a multiple of it (the trail mix bag is 2.5 servings).

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Health and PE Set 1: Counting the Macronutrients

Health and PE · Day 1

Use the two rules in the box, fill in both blank columns of the table, then answer the four questions.

Two rules

Calories = (carbohydrate grams x 4) + (protein grams x 4) + (fat grams x 9)

Worked example: 20 g carbohydrate, 3 g protein and 5 g fat gives 80 + 12 + 45 = 137 calories.

Percent Daily Value = (amount in one serving / Daily Value) x 100

A chicken wrap has 34 g carbohydrate, 19 g protein and 11 g fat. Its calories are _____

A cup of canned soup has 690 mg of sodium (Daily Value 2,300 mg). Its %DV is _____

FOOD AND SERVING	CARBOHYDRATE (G)	PROTEIN (G)	FAT (G)	CALORIES	CALORIES FROM FAT
Black beans, 1 cup cooked	41	15	1		
Grilled chicken breast, 3 oz	0	26	3		
Whole wheat bread, 2 slices	24	8	2		
Almonds, 1 oz	6	6	14		
Plain Greek yogurt, 1 cup	9	20	5		
Olive oil, 1 tablespoon	0	0	14		
Baked potato, 1 medium	37	4	0		
Cheddar cheese, 1 oz	1	7	9		

Questions

1. **Which food in the table gives the most calories in one serving?**

2. **Which food gets the greatest percent of its calories from protein? Give the percent.**

3. **What percent of the calories in an ounce of almonds comes from fat? Show the numbers you used.**

4. **Maya eats a baked potato and one ounce of cheddar cheese. How many calories is that, and how many grams of protein?**

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In the full kit

Five days, planned and ready to print.

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

5 days, each with its own sets, calm puzzle, team task and game

15 pages of health and PE sets with worked examples

12 answer-key pages, every answer checked

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

