

Health and PE Sub Plans Week, Middle School

Week-long sub plans: five days of print and go work for grades 6 to 8, 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 (11 pages)
- Health and PE games (10 pages)
- Answer keys (10 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 p. 13	Health and PE 2 Fitness Planning p. 22	Health and PE 3 Sleep, Stress and Screens p. 31	Health and PE 4 Sports Rules and Strategy p. 41	Health and PE 5 First Aid Basics and Safety p. 50
Early finishers or a loud moment	Word Search and Reset Sheet p. 16	Sudoku and Grounding Sheet p. 25	Secret Codes and Control Sheet p. 34	Maze and Brain Dump p. 44	Word Ladders and Three Good Things p. 53
Block period or extra time	The Equipment Room Weigh-In p. 18	The Fitness Circuit Plan p. 27	The Fitness Fortune Teller p. 36	Field Day Forecast Council p. 46	The Later Bell Debate p. 55
Last 15 minutes, if earned	Whiteboard Jeopardy p. 20	Paper Password p. 29	Class Feud p. 39	Classroom Millionaire p. 48	Mystery Box p. 57

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.



Note to the Substitute

Grades 6 to 8 · 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!



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 (same routine for every class)

1. **Before first period, fill in the introduction sheet** (next page) once. Keep it honest and short. Students read a sub in ten seconds; give them something real to read.
2. **Introduce yourself** from the sheet: two minutes. Then hold up the "Ask the Sub" list and take three questions from hands. Three, not ten.
3. **Read the class agreement** out loud. Ask the class to add one line of their own and write it on the board for that period. That line is theirs; they will keep it better than yours.
4. **Set the voice level** with a number, 0 to 3 (bottom of the sheet). Say which level the set needs. Use the numbers all week.
5. **Start the set:** "This is today's work. It has a challenge at the end, and the calm block is always allowed when you finish."

If the class is loud

- Skip the questions, keep the agreement and the voice level.
- Start the set sooner. The game at the end of the day is the reward for a level that holds.

If a period has ten minutes left

- Play Two Truths and a Lie (rules on the class page) in groups of six. Each group picks one to share.
- Or hand out the reset sheet from the calm block.

Monday morning checklist (before first period)

- ☐ Read the Important Information page: office number, emergency exits, the nurse.
- ☐ Check the class list for allergies, medical needs and students who leave early.
- ☐ Find today's set on the weekly schedule and count copies for every period.
- ☐ Fill in the About Your Sub sheet and pin it where the class can see it.
- ☐ Write the voice levels 0 to 3 on the board.
- ☐ Put the answer keys somewhere students cannot reach them.



Health and PE Set 1: Nutrition

Read the three paragraphs, then use the label to answer the seven questions. Write your answers on the lines.

Health and PE • Day 1

Every packaged food sold in the United States carries a Nutrition Facts label. It looks like a wall of numbers, but it answers three simple questions: how much is one serving, how much energy does that serving give you, and which nutrients come with it.

Start at the top. The **serving size** is the amount all the other numbers are based on. If you eat two servings, every number on the label doubles. **Calories** measure the energy food gives your body for growing, thinking and moving. That energy comes from three nutrients: carbohydrates and protein give about 4 calories per gram, and fat gives about 9 calories per gram.

The right side of the label shows the **percent Daily Value (%DV)**. It compares the amount in one serving with a general daily guide based on 2,000 calories a day. A quick rule: 5% DV or less is low, and 20% DV or more is high. Most people want more of some nutrients, such as fiber, calcium, iron and potassium, and less of others, such as sodium, saturated fat and added sugars. No single food has to be perfect. The label simply helps you compare foods and build meals that keep you fueled all day.

Nutrition Facts

8 servings per container

Serving size 1/4 cup (30 g)

Calories 170

	% Daily Value*
Total Fat 10g	13%
Saturated Fat 2g	10%
Sodium 95mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Added Sugars 6g	12%
Protein 5g	
Calcium 40mg	3%
Iron 1.1mg	6%
Potassium 190mg	4%

* The % Daily Value tells you how much a nutrient in one serving adds to a daily diet. 2,000 calories a day is used for general advice.

Read the label

1. How many calories are in one serving?

.....

2. How many calories are in the whole container?

.....

3. Sam eats 2 servings. How many grams of added sugars is that?

.....

4. Which nutrient has the highest %DV on this label?

.....

5. Using the 5% and 20% rule, is this food low or high in sodium?

.....

6. How many grams of fiber are in the whole container?

.....

7. Theo says this trail mix is high in fiber. Is he right? Use the 5% and 20% rule.

.....

Think about it

Name a packaged snack you eat often. Do you think its label is low or high in sodium or added sugars? What could you check on the label to find out?

.....

.....



Health and PE Set 1: Counting Calories

Health and PE • Day 1

Use the two rules in the box. Fill in the calories column, then answer the questions below the table.

Two rules

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

Example: a snack with 20 g carbohydrate, 3 g protein and 5 g fat has $80 + 12 + 45 = 137$ calories.

Percent Daily Value = amount in the food / Daily Value x 100

A granola bar has 7 g of fiber. The Daily Value for fiber is 28 g. Its %DV for fiber is _____

A bowl of soup has 1,150 mg of sodium (Daily Value 2,300 mg). Its %DV is _____

FOOD AND SERVING	CARBOHYDRATE (G)	PROTEIN (G)	FAT (G)	CALORIES
Apple, 1 medium	25	0	0	
Low-fat milk, 1 cup	12	8	2	
Peanut butter, 2 tablespoons	7	7	16	
Hard-boiled egg, 1 large	1	6	5	
Brown rice, 1 cup cooked	45	5	2	
Plain yogurt, 1 cup	17	13	4	
Banana, 1 medium	27	1	0	
Cheddar cheese, 1 slice	1	7	9	

Questions

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

.....

2. How many of the peanut butter's calories come from fat? What percent of its calories is that?

.....

3. Luis has a slice of cheddar cheese and a cup of low-fat milk. How many calories is that in total?

.....

4. The apple has no protein and no fat. Where do all of its calories come from? Show the math.

.....



Health and PE Set 1: Compare Two Lunches

Health and PE • Day 1

Work out each %DV (amount / Daily Value x 100). Every answer is a whole number. Then answer the questions.

Lunch A

Crackers, sliced processed turkey and cheese, a fruit drink and two cookies.

Lunch B

A turkey and lettuce wrap on a whole wheat tortilla, carrot sticks with hummus, an apple and low-fat milk.

NUTRIENT	DAILY VALUE	LUNCH A	A %DV	LUNCH B	B %DV	GET MORE OR LESS?
Sodium	2,300 mg	1,150 mg		690 mg		less
Saturated fat	20 g	8 g		4 g		less
Added sugars	50 g	25 g		5 g		less
Fiber	28 g	2.8 g		14 g		more
Calcium	1,300 mg	260 mg		390 mg		more
Iron	18 mg	1.8 mg		3.6 mg		more

Questions

1. For which nutrients does Lunch A have the higher %DV? What do those nutrients have in common?

.....

2. How many percentage points more fiber does Lunch B give than Lunch A?

.....

3. After Lunch A, what %DV of sodium is left before the day's total reaches 100%?

.....

Challenge

1. Amara eats Lunch B, then one serving of the trail mix from page 1 as a snack. How many milligrams of sodium is that in total, and what %DV (to the nearest whole percent)?

2. Plan a lunch you would really enjoy that is high in at least two "get more" nutrients. Name the foods and say which nutrients they bring.

.....



Calm Block, Day 1: Word Search

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

Calm • Day 1

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

NUTRIENT

WELLNESS

FITNESS

PROTEIN

STRETCH

HYDRATE

STAMINA

BALANCE

MUSCLE

SLEEP

PULSE

TEAM



Reset Sheet

For one person, any time. Nobody reads it but you. Start with the breathing, then the three lines.

Calm • Day 1

Box breathing

Breathe in for four counts, hold for four, out for four, hold for four. Four times.

Three things I can see from my seat

.....

.....

Two sounds in the room right now

.....

.....

One thing I did well today

.....

.....

Right now I feel (circle one)

1 2 3 4 5 6 7 8 9 10

1 = totally calm, 10 = about to burst. Went down by one? That is the skill.



Team Task, Day 1: The Equipment Room Weigh-In

Team • Day 1

Groups of four. Voice level 2. One sheet per group, one person writes, everyone must agree before a number goes down.

The situation

The PE equipment room is getting new shelves. The lightest gear goes on the top shelf and the heaviest on the bottom, so nobody lifts something heavy over their head. Twelve items are waiting on the floor. You are the student equipment crew, and nobody has a scale.

Your job: rank the twelve items from 1 (lightest) to 12 (heaviest), first alone, then as a group. Then the sub reads the equipment manager's order and you score the difference.

Timing: read the rule and rank alone 6 min, agree on a group order 14 min, the manager's order and scoring 8 min, defend a choice and the safety question 12 min. Group of three: one person writes. Group of five: add a checker who adds up the differences.

The manager's rule

Every sport's rule book says how much its ball or gear must weigh for official games. The manager uses that **official game weight**. If the rules give a range, the manager uses the middle of it. Think about what each item is made of: hollow or solid, plastic, rubber, leather, wood or metal.

Weight words: 1,000 grams = 1 kilogram. 1 ounce is about 28 grams, and 16 ounces = 1 pound. A paper clip weighs about 1 gram.

EQUIPMENT	MY RANK	GROUP RANK	MANAGER	DIFFERENCE
A soccer ball (size 5)				
A table tennis ball				
A women's shot put				
A pickleball				
A volleyball (indoor)				
A badminton shuttlecock				
A tennis ball				
A basketball (men's size 7)				
A golf ball				
A bowling pin (ten-pin)				
A baseball				
A softball (12-inch)				
Total difference (lower is better)				

Scoring: for each row, group rank minus manager rank, dropping the minus sign; add the twelve numbers. 10 or less: excellent. 11 to 20: good. Over 20: listen closely to the weights.



Team Task, Day 1: The Shelf Sheet

Fill in the shelves with your group's order before the sub reads the manager's order.

Team • Day 1

Our shelves, from the top shelf to the bottom

Write the items in your group's order, lightest first. Under each name, write your best guess of its weight with a unit (for example, 300 grams).

1 _____ weight: _____	2 _____ weight: _____	3 _____ weight: _____
4 _____ weight: _____	5 _____ weight: _____	6 _____ weight: _____
7 _____ weight: _____	8 _____ weight: _____	9 _____ weight: _____
10 _____ weight: _____	11 _____ weight: _____	12 _____ weight: _____

top shelf: lightest

bottom shelf: heaviest

Defend one choice

Pick one item your group placed far from the manager's spot. Write two sentences: why you put it there, and what its real weight or material taught you.

.....

.....

Closest neighbors

When the sub reads the weights: which two items next to each other on the shelves are closest in weight? How could you still tell them apart in your hands?

.....

Safety question

Why does the heaviest gear go on the bottom shelf? Name one other rule a PE class could use to keep people safe around heavy equipment.

.....

.....



Game, Day 1: Whiteboard Jeopardy

Sub script and health questions. 15 minutes at the end of the day, or when 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 answers. Right: they win the points and pick again. Wrong: the next team may steal.
4. Cross the square off. Highest total when time is up wins.

Read this out

"This is the reward. If the noise goes above level 2, the square is dead and nobody scores it. Team 1, pick a category and a number."

Keep the score on the board. If a team argues, the script wins and the game moves on.

Nutrition

- 100 Which nutrient builds and repairs muscles?
Protein
- 200 What unit measures the energy in food?
Calories
- 300 Which mineral in milk helps build strong bones?
Calcium
- 400 Which nutrient is the body's main source of energy?
Carbohydrates
- 500 What is the name of the USDA plate food guide?
MyPlate

Sports

- 100 How many players per team are on a basketball court?
Five
- 200 How many hits may a volleyball team use per side?
Three
- 300 How many points is a football touchdown worth?
Six
- 400 In tennis, what is a score of zero called?
Love
- 500 How many innings are in a standard pro baseball game?
Nine

Body

- 100 Which organ pumps blood through the body?
The heart
- 200 Which organs take in oxygen when you breathe?
The lungs
- 300 How many bones are in the adult human body?
206
- 400 Which body system includes the brain and nerves?
The nervous system
- 500 Which blood vessels carry blood away from the heart?
Arteries

Safety

- 100 What number do you call for an emergency in the US?
911
- 200 What should you do if your clothes catch fire?
Stop, drop and roll
- 300 What should you wear on your head when riding a bike?
A helmet
- 400 What does SPF on sunscreen stand for?
Sun protection factor
- 500 What does CPR stand for?
Cardiopulmonary resuscitation

Fitness

- 100 What should you do before exercise to get ready?
Warm up
- 200 Exercise that builds heart and lungs is called what?
Aerobic (cardio)
- 300 Which part of fitness is how far your joints can move?
Flexibility
- 400 What is the number of heartbeats in one minute called?
Heart rate
- 500 A common max heart rate estimate is 220 minus what?
Your age



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	FITNESS	SPORTS	SAFETY
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

.....

.....

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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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.....

.....



Answer Keys (1 of 10)

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

Health and PE Set 1: Nutrition

Label: 1. 170 calories; 2. 1,360 calories (170 x 8); 3. 12 g; 4. Total Fat (13%); 5. low (4%); 6. 24 g; 7. no, 11% is in between (not low, not high). **Think about it:** answers vary; accept any snack with a check of the sodium or added sugars %DV.

Two rules: 25%; 50%, high. **Calories:** Apple 100; Low-fat milk 98; Peanut butter 200; Hard-boiled egg 73; Brown rice 218; Plain yogurt 156; Banana 112; Cheddar cheese 113.

Questions: 1. Brown rice (218 calories); 2. 144 of 200 calories, 72%; 3. 211 calories; 4. carbohydrates: $25 \times 4 = 100$.

Lunch %DV (A / B): Sodium 50 / 30; Saturated fat 40 / 20; Added sugars 50 / 10; Fiber 10 / 50; Calcium 20 / 30; Iron 10 / 20.

Questions: 1. sodium, saturated fat, added sugars; all are nutrients to get less of; 2. 40 points (50% minus 10%); 3. 50%. **Challenge:** 1. 785 mg, 34% ($690 + 95$). 2. Answers vary; accept any lunch that names real foods and links at least two of them to fiber, calcium, iron or potassium.

Calm block, Day 1: word search





Health and PE Set 1: Counting Calories

Health and PE • Day 1

Use the two rules in the box. Fill in the calories column, then answer the questions below the table.

Two rules

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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

10 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.

