

Social Studies 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)
- Social Studies sets for five days (15 pages)
- Calm puzzles and reset sheets (10 pages)
- Social Studies team tasks (10 pages)
- Social Studies games (10 pages)
- Answer keys (9 pages)

How it works

1. Open the week plan. Every set already has its day and page number.
2. Each day: one social studies 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 social studies 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 66 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	Social Studies 1 Reading Maps p. 13	Social Studies 2 Reading a Timeline p. 22	Social Studies 3 Branches of Government p. 31	Social Studies 4 Ancient Civilizations p. 40	Social Studies 5 Economics Basics p. 49
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. 43	Word Ladders and Three Good Things p. 52
Block period or extra time	The Museum Timeline Wall p. 18	The Tang Camel Train p. 27	Found a River Town p. 36	The Pen Pal Mystery p. 45	The Old Depot Debate p. 54
Last 15 minutes, if earned	Whiteboard Jeopardy p. 20	Paper Password p. 29	Class Feud p. 38	Classroom Millionaire p. 47	Mystery Box p. 56

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: **Social Studies 1** is Monday's set, **Social Studies 2** is Tuesday's, and so on to **Social Studies 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 Social Studies 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.



Social Studies Set 1: Reading Maps

Read the passage first. You will use all three tools on the island map on the next page.

Social Studies • Day 1

A map is a drawing of a place from above, made smaller. To find anything on it you need three tools: a grid, a compass, and a scale.

The grid: most maps are divided into squares. Letters run along the top, numbers down the side, so a square is named like a chessboard: C4. On a world map the grid is made of latitude lines (running east to west, measured in degrees north or south of the equator) and longitude lines (running north to south, measured east or west of the prime meridian). A place is written latitude first: 42 degrees N, 71 degrees W is Boston.

The compass: north is usually at the top of a map, but check the compass rose. Between north and east is northeast, and so on for the other three corners.

The scale: a scale bar tells you how much real distance one map distance stands for. If the bar says 1 cm = 5 km, a lake that is 3 cm across on the map is 15 km across in real life. Measure with a ruler, or with the edge of a piece of paper marked against the scale bar.

Latitude and longitude

1. Which line runs east to west and is measured north or south of the equator?

.....

2. A city is at 34 degrees S, 151 degrees E. Is it in the northern or southern half of the world?

.....

3. Which is written first in a coordinate pair, latitude or longitude?

.....

4. The prime meridian is 0 degrees longitude. Boston is at 71 degrees W. Is Boston east or west of the prime meridian?

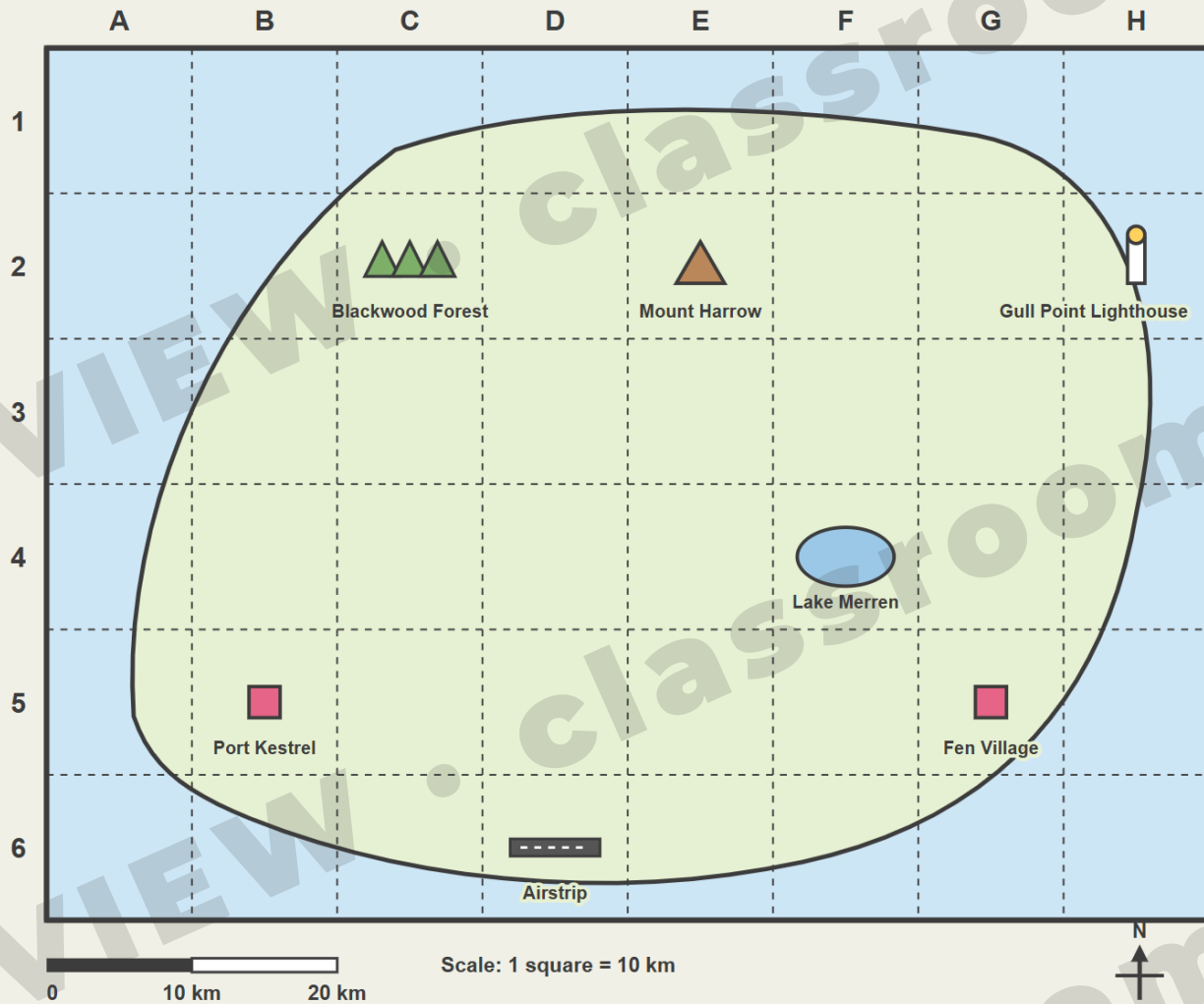
.....



Social Studies Set 1: Kestrel Island

Every question on the next page uses this map. Grid squares are named letter first, then number, like C4. One square is 10 km.

Social Studies • Day 1





Social Studies Set 1: Map Tasks

Use the island map. For distances, measure from the middle of one symbol to the middle of the other.

Social Studies • Day 1

1. Give the grid reference of Port Kestrel.

2. What is at grid reference F4?

3. Which feature is furthest south?

4. In which direction would you travel from Port Kestrel to Fen Village?

5. In which direction is Gull Point Lighthouse from Lake Merren?

6. Using the scale (1 square = 10 km), about how far is it from Port Kestrel to the Airstrip in a straight line?

7. About how far is it from Mount Harrow to Fen Village in a straight line?

8. A ferry lands at Port Kestrel. Plan the shortest route by road to Fen Village that avoids the forest. Name the grid squares you pass through.

Challenge: name the island's new town

A new town will be built exactly halfway between the Airstrip and Fen Village. Give its grid reference, then explain in two sentences why that is a good or bad place for a town, using the map.



Calm Block, Day 1: Word Search

Calm • Day 1

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

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

CONGRESS

TIMELINE

REPUBLIC

CITIZEN

PHARAOH

CULTURE

COLONY

EMPIRE

SENATE

TREATY

TRADE

VOTE



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 Museum Timeline Wall

Team • Day 1

Groups of four. Voice level 2. Read all twelve cards together first, then rank them on page 2.

The situation

The town museum is building a giant timeline wall, and the twelve event cards below came back from the printer **without their years**. The opening is tomorrow. Your group is the museum team.

Your job: rank the twelve events from 1 (the earliest, longest ago) to 12 (the most recent). Use each number once. First alone, then as a group. When every group is done, the sub reads the museum historian's timeline and you score the difference.

Time tips

- **BCE** years count **down** toward year 1: 900 BCE comes before 300 BCE.
- **CE** years count up, like today's years. Every BCE event comes before every CE event.
- Look for clues: what had to exist first? A place, a ruler, an invention?

Timing (40 minutes)

- Read the cards and the time tips together: 6 min
- Rank alone: 6 min
- Agree on a group timeline: 12 min
- Historian's timeline and scoring: 8 min
- Defend one choice: 8 min

Group of three: one person reads and writes. Group of five: add a checker who makes sure no number is used twice.

A English settlers found Jamestown in Virginia, the first lasting English colony in North America.

B Workers in Egypt finish the Great Pyramid of Giza, a huge stone tomb for the pharaoh Khufu.

C Apollo 11 astronauts become the first people to walk on the Moon.

D The last emperor of the Western Roman Empire is removed from power.

E Athletes race at the first recorded Olympic Games, held at Olympia in ancient Greece.

F Mansa Musa, ruler of the rich West African empire of Mali, crosses the Sahara on a famous journey to Mecca, carrying loads of gold.

G Leaders of the thirteen American colonies approve the Declaration of Independence in Philadelphia.

H King Hammurabi of Babylon has a set of 282 laws carved onto a tall stone pillar.

I Wilbur and Orville Wright fly the first powered airplane near Kitty Hawk, North Carolina.

J Qin Shi Huang conquers the warring kingdoms around him and becomes the first emperor of a united China.

K English nobles make King John seal the Magna Carta, a document saying even the king must obey the law.

L Christopher Columbus's three ships reach an island in the Caribbean Sea.



Team Task, Day 1: The Ranking Sheet

One sheet per group. One person writes, and no group number goes down until all four agree.

Team • Day 1

CARD	EVENT	MY RANK	GROUP RANK	HISTORIAN	DIFFERENCE
A	English settlers found Jamestown in Virginia, the ...				
B	Workers in Egypt finish the Great Pyramid ...				
C	Apollo 11 astronauts become the first people ...				
D	The last emperor of the Western Roman ...				
E	Athletes race at the first recorded Olympic ...				
F	Mansa Musa, ruler of the rich West ...				
G	Leaders of the thirteen American colonies approve ...				
H	King Hammurabi of Babylon has a set ...				
I	Wilbur and Orville Wright fly the first ...				
J	Qin Shi Huang conquers the warring kingdoms ...				
K	English nobles make King John seal the ...				
L	Christopher Columbus's three ships reach an island ...				
Total difference (lower is better)					

Scoring

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

- **10 or less:** excellent, you think like a historian
- **11 to 24:** good
- **Over 24:** check the BCE cards first

Our timeline in eras

After scoring, write the card letters in the right boxes.

BCE

CE, before 1500

1500 and later

Defend one choice

Pick one card your group placed very differently from the historian. Write two sentences: what clue your group used, and what clue the historian used.

.....

.....

Which two events on the wall are the farthest apart in time, and about how many years apart are they?

.....



Game, Day 1: Whiteboard Jeopardy

Sub script and history 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.

US History

- 100 When was the Declaration of Independence adopted?
1776
- 200 Who was the first president of the United States?
George Washington
- 300 Which document begins with 'We the People'?
The US Constitution
- 400 Which president issued the Emancipation Proclamation?
Abraham Lincoln
- 500 What was the 1803 US land deal with France called?
Louisiana Purchase

Civics

- 100 How many branches does the US federal government have?
Three
- 200 Which branch of the US government makes the laws?
Legislative branch
- 300 How many US senators does each state have?
Two
- 400 What is the highest court in the United States?
The Supreme Court
- 500 What is a change to the Constitution called?
An amendment

Ancient

- 100 Which ancient people built the pyramids at Giza?
The Egyptians
- 200 Which Greek city is the birthplace of democracy?
Athens
- 300 Which ancient empire built the Colosseum?
The Roman Empire
- 400 The Great Wall was built to protect which country?
China
- 500 Ancient Mesopotamia lay between which two rivers?
Tigris and Euphrates

Economics

- 100 What do we call money a person earns from a job?
Income
- 200 The next best choice you give up is called what?
Opportunity cost
- 300 If demand rises and supply stays put, price does what?
It goes up
- 400 What is a plan for spending and saving money called?
A budget
- 500 What does a bank pay you for keeping money in savings?
Interest

Geography

- 100 How many continents are there?
Seven
- 200 What is the longest river in South America?
The Amazon
- 300 Latitude measures distance north or south of what?
The equator
- 400 What is the capital of Canada?
Ottawa
- 500 Which mountains run down western South America?
The Andes



Game, Day 1: The Board

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

Game • Day 1

US HISTORY	ANCIENT	GEOGRAPHY	CIVICS	ECONOMICS
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

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.....

.....

Team 4

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.....

.....

Team 5

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.....

.....

Team 6

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.....

.....



Answer Keys (1 of 9)

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

Social Studies Set 1: Reading Maps

Latitude and longitude: 1. Latitude; 2. Southern; 3. Latitude; 4. West.

Map tasks: 1. B5; 2. Lake Merren; 3. Airstrip; 4. E; 5. NE; 6. 22 km; 7. 36 km; 8. Any route east along row 5 that never enters C2 (the forest): for example B5, C5, D5, E5, F5, G5. Accept any correct sequence.

Challenge: halfway between D6 and G5 is the corner where E5, F5, E6 and F6 meet (accept any of the four, or "between E and F, rows 5 and 6"); reasoning varies, for example near the lake and the airstrip but far from the port.

Calm block, Day 1: word search

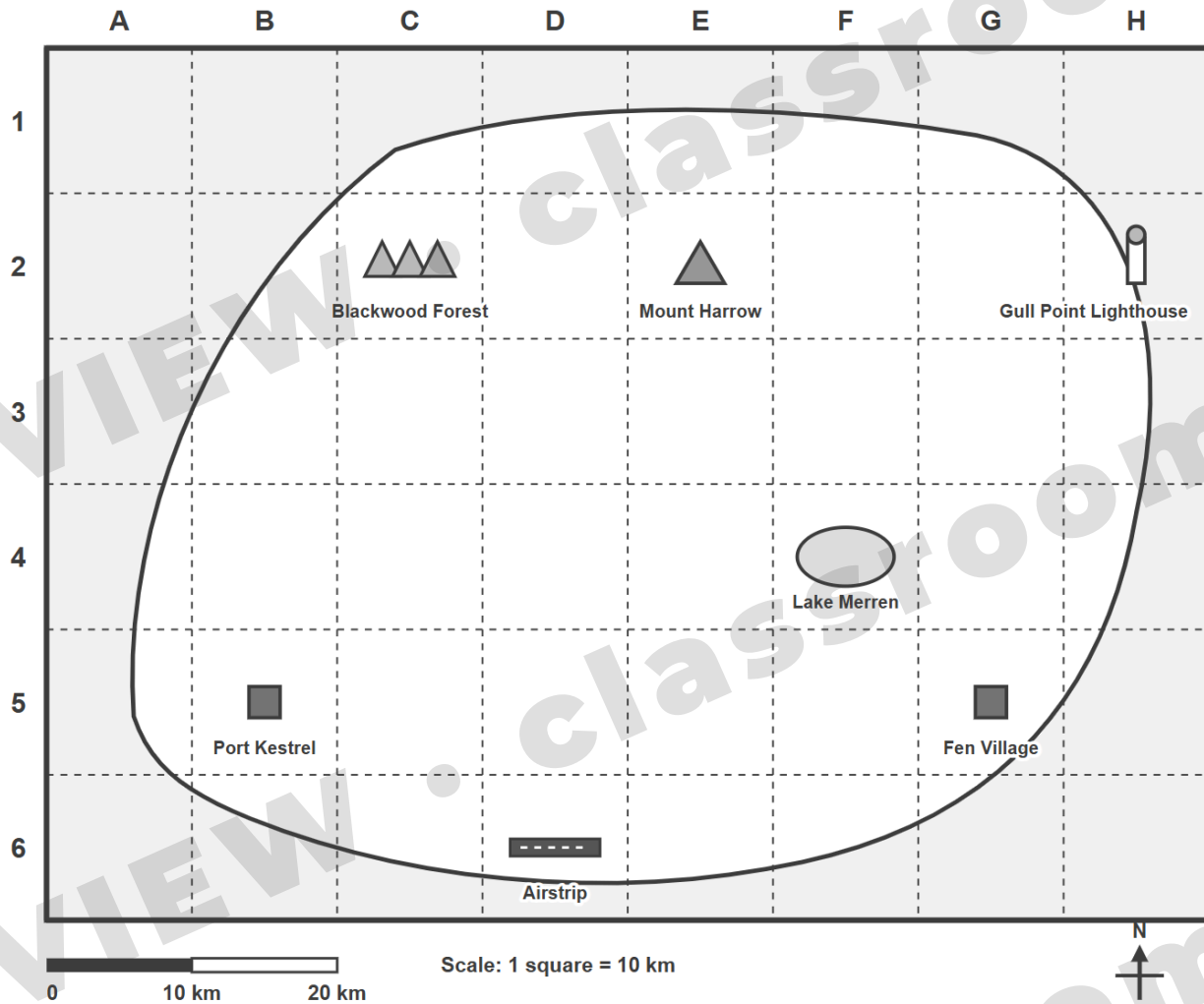
Q	G	L	Z	R	A	K	T	G	V	M	B	A	Q
R	B	E	Y	J	Z	Y	I	U	L	C	S	E	X
H	X	E	C	X	N	N	M	Z	C	I	B	T	T
I	P	M	O	O	N	Y	E	O	O	L	K	A	H
P	B	P	L	U	K	T	L	O	N	B	X	N	I
H	F	I	O	I	N	A	I	E	G	U	T	E	P
A	B	R	N	C	X	E	N	E	R	P	C	S	U
R	U	E	Y	E	Y	R	E	D	E	E	U	Z	F
A	B	Q	K	H	Z	T	T	A	S	R	L	R	C
O	Z	M	V	R	U	I	K	R	S	G	T	B	U
H	L	O	B	Y	O	K	T	T	A	L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



Social Studies Set 1: Kestrel Island

Every question on the next page uses this map. Grid squares are named letter first, then number, like C4. One square is 10 km.

Social Studies • Day 1



In the full kit

Five days, planned and ready to print.

66 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 social studies sets with
worked examples

9 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.

