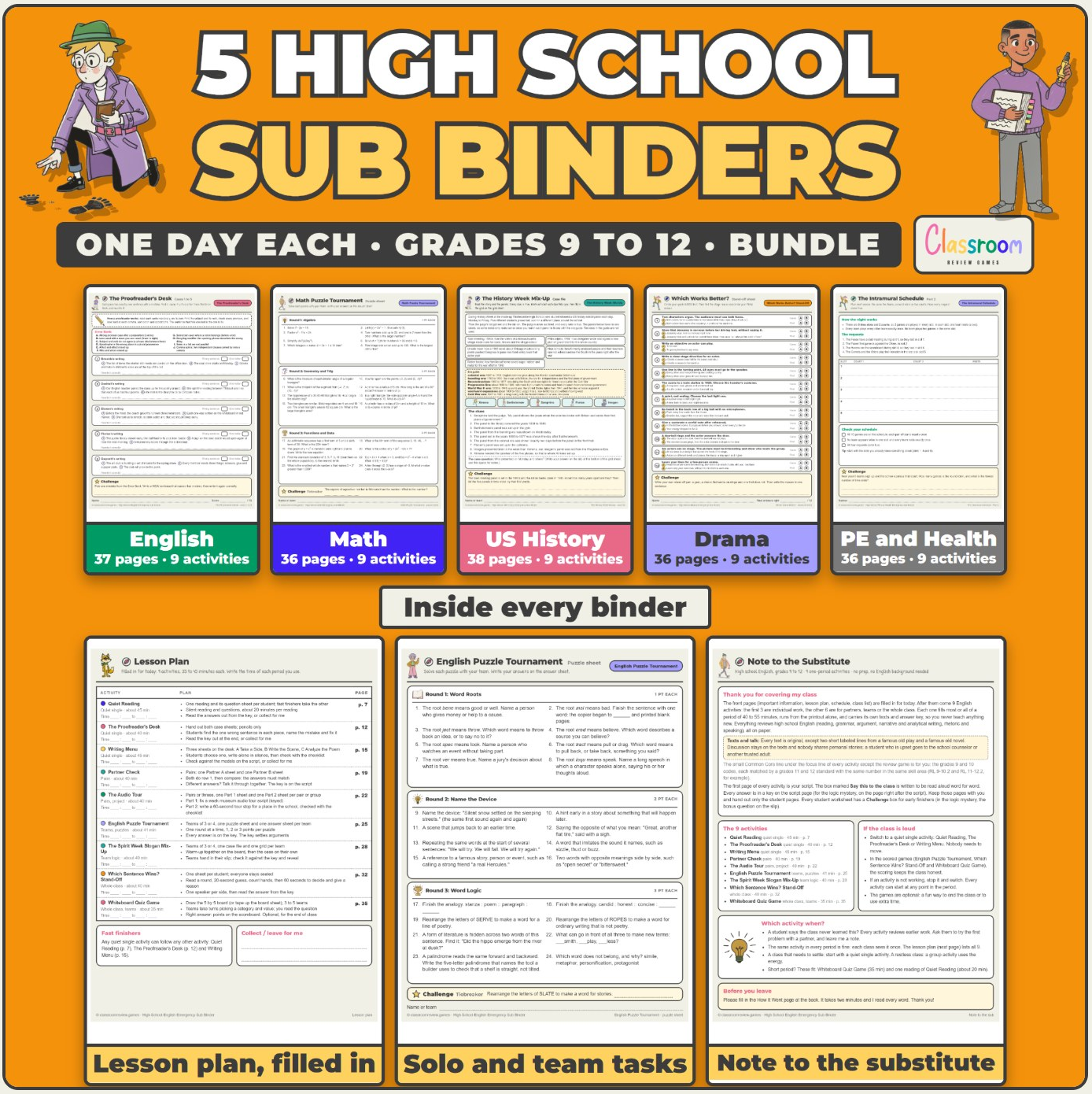
5 Emergency Sub Binders Bundle: High School Sub Plans, Every Subject, No Prep

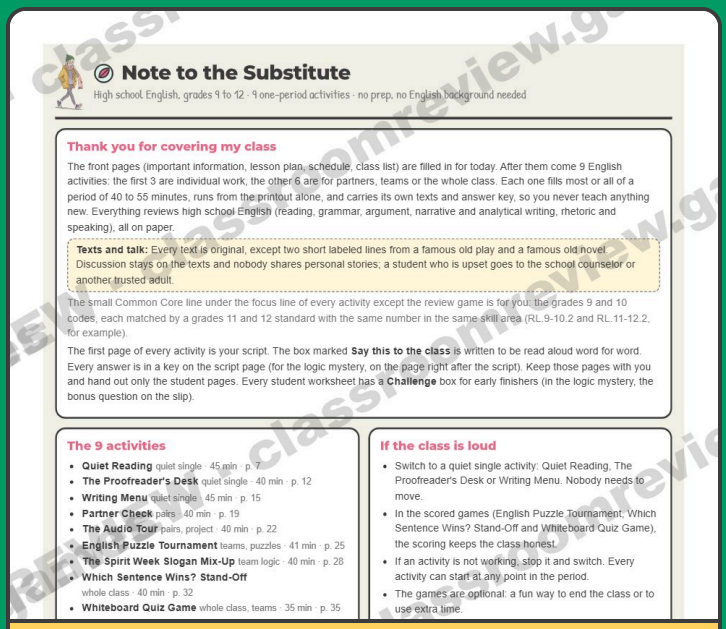
BUNDLE PREVIEW Everything in this bundle, on one page. Sample pages of each product follow.

WHAT'S INCLUDED: 5 PRODUCTS



KIT 1 OF 5 37 pages · 9 activities · one day · grades 9 to 12

High School English Emergency Sub Binder



Note to the Substitute

High school English, grades 9 to 12 · 9 one-period activities · no prep, no English background needed

Thank you for covering my class

The front pages (important information, lesson plan, schedule, class list) are filled in for today. After them come 9 English activities: the first 3 are individual work, the other 6 are for partners, teams or the whole class. Each one fills most or all of a period of 40 to 55 minutes, runs from the printout alone, and carries its own texts and answer key, so you never teach anything new. Everything reviews high school English (reading, grammar, argument, narrative and analytical writing, rhetoric and speaking), all on paper.

Texts and talk: Every text is original, except two short labeled lines from a famous old play and a famous old novel. Discussion stays on the texts and nobody shares personal stories; a student who is upset goes to the school counselor or another trusted adult.

The small Common Core line under the focus line of every activity except the review game is for you: the grades 9 and 10 codes, each matched by a grades 11 and 12 standard with the same number in the same skill area (RL.9-10.2 and RL.11-12.2, for example).

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

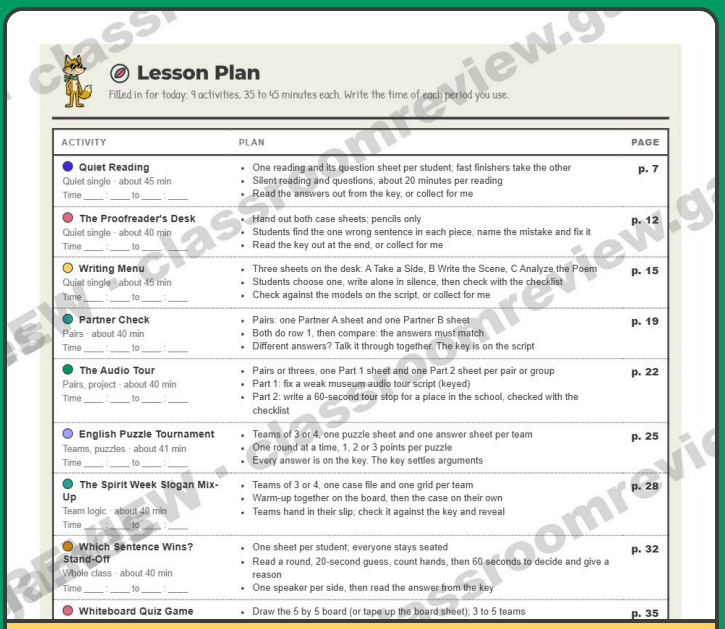
The 9 activities

- **Quiet Reading** quiet single · 45 min · p. 7
- **The Proofreader's Desk** quiet single · 40 min · p. 12
- **Writing Menu** quiet single · 45 min · p. 15
- **Partner Check** pairs · 40 min · p. 19
- **The Audio Tour** pairs, project · 40 min · p. 22
- **English Puzzle Tournament** teams, puzzles · 41 min · p. 25
- **The Spirit Week Slogan Mix-Up** team logic · 40 min · p. 28
- **Which Sentence Wins? Stand-Off** whole class · 40 min · p. 32
- **Whiteboard Quiz Game** whole class, teams · 35 min · p. 35

If the class is loud

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

Note to the substitute

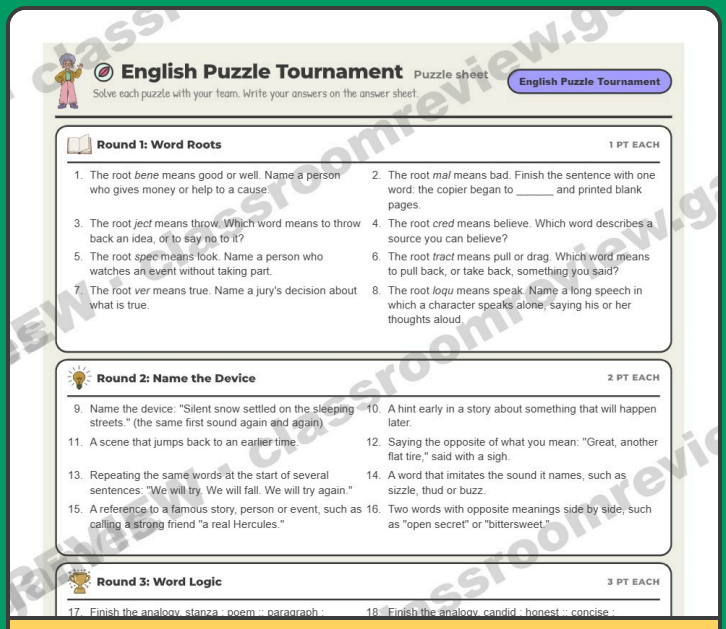


Lesson Plan

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

ACTIVITY	PLAN	PAGE
Quiet Reading Quiet single · about 45 min Time ___ : ___ to ___ : ___	• One reading and its question sheet per student; fast finishers take the other • Silent reading and questions, about 20 minutes per reading • Read the answers out from the key, or collect for me	p. 7
The Proofreader's Desk Quiet single · about 40 min Time ___ : ___ to ___ : ___	• Hand out both case sheets; pencils only • Students find the one wrong sentence in each piece, name the mistake and fix it • Read the key out at the end, or collect for me	p. 12
Writing Menu Quiet single · about 45 min Time ___ : ___ to ___ : ___	• Three sheets on the desk: A Take a Side, B Write the Scene, C Analyze the Poem • Students choose one, write alone in silence, then check with the checklist • Check against the models on the script, or collect for me	p. 15
Partner Check Pairs · about 40 min Time ___ : ___ to ___ : ___	• Pairs: one Partner A sheet and one Partner B sheet • Both do row 1, then compare: the answers must match • Different answers? Talk it through together. The key is on the script	p. 19
The Audio Tour Pairs, project · about 40 min Time ___ : ___ to ___ : ___	• Pairs or threes, one Part 1 sheet and one Part 2 sheet per pair or group • Part 1: fix a weak museum audio tour script (keyed) • Part 2: write a 60-second tour stop for a place in the school, checked with the checklist	p. 22
English Puzzle Tournament Teams, puzzles · about 41 min Time ___ : ___ to ___ : ___	• Teams of 3 or 4, one puzzle sheet and one answer sheet per team • One round at a time, 1, 2 or 3 points per puzzle • Every answer is on the key. The key settles arguments	p. 25
The Spirit Week Slogan Mix-Up Team logic · about 40 min Time ___ : ___ to ___ : ___	• Teams of 3 or 4, one case file and one grid per team • Warm-up together on the board, then the case on their own • Teams hand in their slip; check it against the key and reveal	p. 28
Which Sentence Wins? Stand-Off Whole class · about 40 min Time ___ : ___ to ___ : ___	• One sheet per student; everyone stays seated • Read a round, 20-second guess, count hands, then 60 seconds to decide and give a reason • One speaker per side, then read the answer from the key	p. 32
Whiteboard Quiz Game	• Draw the 5 by 5 board (or tape up the board sheet); 3 to 5 teams	p. 35

Lesson plan, filled in



English Puzzle Tournament

Puzzle sheet

English Puzzle Tournament

Solve each puzzle with your team. Write your answers on the answer sheet.

Round 1: Word Roots 1 PT EACH

1. The root *bene* means good or well. Name a person who gives money or helps to a cause.
2. The root *mal* means bad. Finish the sentence with one word: the copier began to _____ and printed blank pages.
3. The root *ject* means throw. Which word means to throw back an idea, or to say no to it?
4. The root *cred* means believe. Which word describes a source you can believe?
5. The root *spec* means look. Name a person who watches an event without taking part.
6. The root *tract* means pull or drag. Which word means to pull back, or take back, something you said?
7. The root *ver* means true. Name a jury's decision about what is true.
8. The root *loqu* means speak. Name a long speech in which a character speaks alone, saying his or her thoughts aloud.

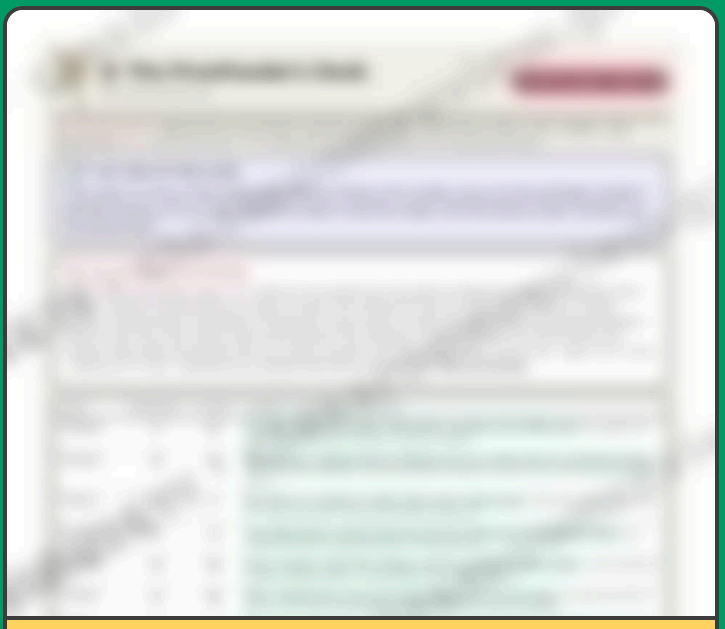
Round 2: Name the Device 2 PT EACH

9. Name the device: "Silent snow settled on the sleeping streets." (the same first sound again and again)
10. A hint early in a story about something that will happen later.
11. A scene that jumps back to an earlier time.
12. Saying the opposite of what you mean: "Great, another flat tire," said with a sigh.
13. Repeating the same words at the start of several sentences: "We will try. We will fall. We will try again."
14. A word that imitates the sound it names, such as sizzle, thud or buzz.
15. A reference to a famous story, person or event, such as calling a strong friend "a real Hercules."
16. Two words with opposite meanings side by side, such as "open secret" or "bittersweet."

Round 3: Word Logic 3 PT EACH

17. Finish the analogy. stanza : poem :: paragraph :
18. Finish the analogy. candid : honest :: concise :

An activity page



Sub script and answer key



High School English Emergency Sub Binder

Emergency sub plans for high school English, grades 9 to 12. The sub needs no English background: every step is on the page.

PREVIEW

What is included

- 7 front pages: binder cover, important information, note to the sub, the filled-in lesson plan, schedule, class list, how it went
- 9 activities with sub scripts and student pages (30 pages): 3 individual, 6 with a partner, a team or the whole class
- A Say this to the class script for every activity, star challenges for fast finishers, every answer in a key
- Each lesson activity lists its Common Core standards (the optional quiz game reviews)
- Color and ink-saver B&W, US Letter and A4

How it works

1. Leave the binder out. The lesson plan lists every activity with its page and minutes.
2. The sub reads the Say this to the class box word for word.
3. Students work from their own pages, with the steps on the page. The sub needs no English background: every answer is in the key.
4. No prep and no tech: print and go.

The 9 activities, 35 to 45 minutes each

1. **Quiet Reading**, 45 min SOLO: central idea and objective summary in an article; theme, complex characters and a flashback in a story
2. **The Proofreader's Desk**, 40 min SOLO: editing grammar and punctuation: agreement, pronoun case, parallel structure, splices, colons, modifiers, usage
3. **Writing Menu**, 45 min SOLO: argument with a claim and counterclaim, a narrative scene with pacing, a literary analysis paragraph with quotations
4. **Partner Check**, 40 min PAIRS: rhetorical appeals, figurative language, irony, sentence and clause types, roots, connotation and point of view
5. **The Audio Tour**, 40 min PAIRS: writing for a listener: audience and purpose, a hook, short clear sentences, tone, a closing that guides
6. **English Puzzle Tournament**, 41 min TEAMS: Greek and Latin roots, literary and rhetorical devices, analogies, anagrams and other word logic
7. **The Spirit Week Slogan Mix-Up**, 40 min TEAMS: close reading of rhetoric: identifying alliteration, anaphora, chiasmus, hyperbole and rhetorical questions
8. **Which Sentence Wins? Stand-Off**, 40 min WHOLE CLASS: style and revision: concise, precise and active sentences, parallel structure, tone, evidence worked in
9. **Whiteboard Quiz Game**, 35 min WHOLE CLASS: a review of this binder: the two readings, editing, literary and rhetorical devices, speaking and writing

What this preview shows: the note to the substitute, the lesson plan, the other front pages, one page of every activity, a sub script, four more student pages and one ink-saver page. Every product page is watermarked, and no answer key is shown. The full binder has 37 pages.



Note to the Substitute

High school English, grades 9 to 12 · 9 one-period activities · no prep, no English background needed

Thank you for covering my class

The front pages (important information, lesson plan, schedule, class list) are filled in for today. After them come 9 English activities: the first 3 are individual work, the other 6 are for partners, teams or the whole class. Each one fills most or all of a period of 40 to 55 minutes, runs from the printout alone, and carries its own texts and answer key, so you never teach anything new. Everything reviews high school English (reading, grammar, argument, narrative and analytical writing, rhetoric and speaking), all on paper.

Texts and talk: Every text is original, except two short labeled lines from a famous old play and a famous old novel. Discussion stays on the texts and nobody shares personal stories; a student who is upset goes to the school counselor or another trusted adult.

The small Common Core line under the focus line of every activity except the review game is for you: the grades 9 and 10 codes, each matched by a grades 11 and 12 standard with the same number in the same skill area (RL.9-10.2 and RL.11-12.2, for example).

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

The 9 activities

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- **The Proofreader's Desk** quiet single · 40 min · p. 12
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- **Partner Check** pairs · 40 min · p. 19
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- **Which Sentence Wins? Stand-Off** whole class · 40 min · p. 32
- **Whiteboard Quiz Game** whole class, teams · 35 min · p. 35

If the class is loud

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

Which activity when?



- A student says the class never learned this? Every activity reviews earlier work. Ask them to try the first problem with a partner, and leave me a note.
- The same activity in every period is fine: each class sees it once. The lesson plan (next page) lists all 9.
- A class that needs to settle: start with a quiet single activity. A restless class: a group activity uses the energy.
- Short period? These fit: Whiteboard Quiz Game (35 min) and one reading of Quiet Reading (about 20 min).

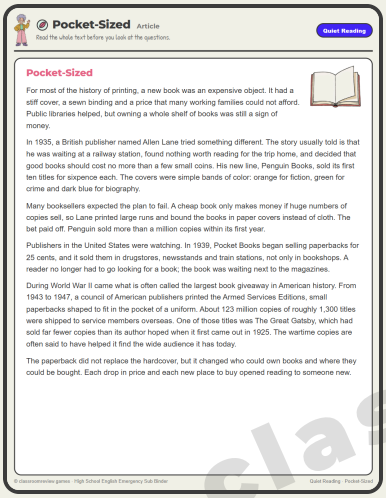
Before you leave

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

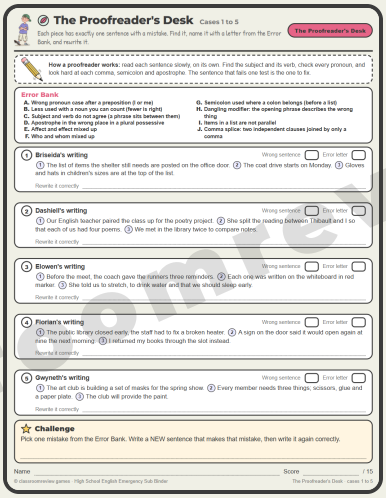
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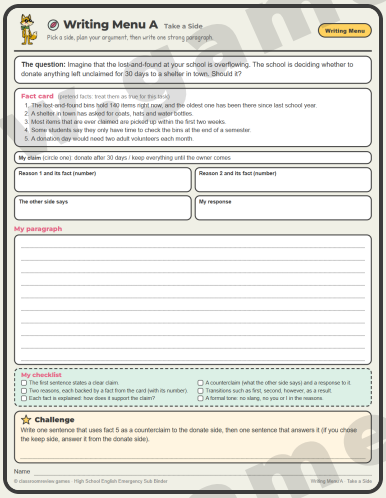
ONE PAGE OF EVERY ACTIVITY



1. Quiet Reading, 45 min (solo)



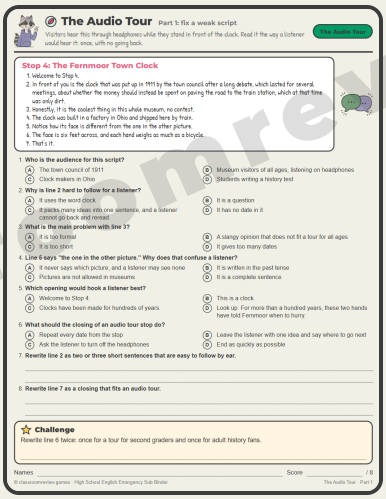
2. The Proofreader's Desk, 40 min (solo)



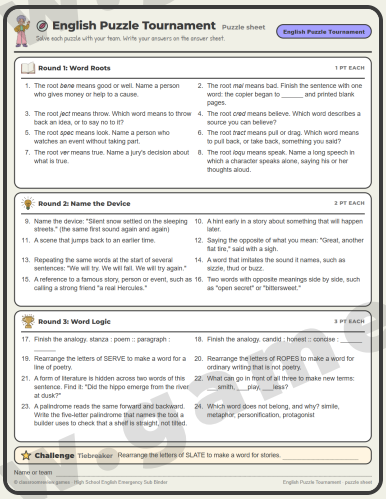
3. Writing Menu, 45 min (solo)



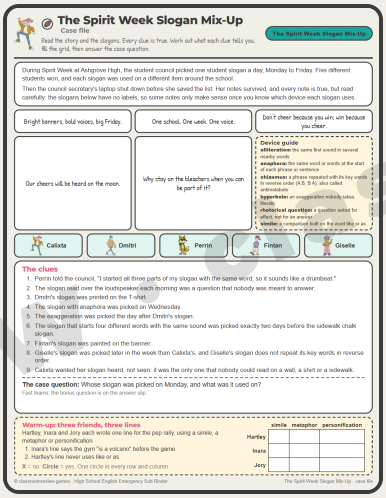
4. Partner Check, 40 min (pairs)



5. The Audio Tour, 40 min (pairs)



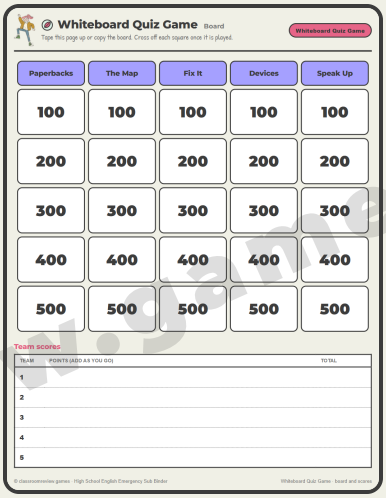
6. English Puzzle Tournament, 41 min (teams)



7. The Spirit Week Slogan Mix-Up, 40 min (teams)



8. Which Sentence Wins? Stand-Off, 40 min (whole class)



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

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Every activity also has a sub script with a Say this to the class box



The Proofreader's Desk

Cases 1 to 5

Each piece has exactly one sentence with a mistake. Find it, name it with a letter from the Error Bank, and rewrite it.

The Proofreader's Desk

How a proofreader works: read each sentence slowly, on its own. Find the subject and its verb, check every pronoun, and look hard at each comma, semicolon and apostrophe. The sentence that fails one test is the one to fix.

Error Bank

- **A.** Wrong pronoun case after a preposition (I or me)
- **B.** Less used with a noun you can count (fewer is right)
- **C.** Subject and verb do not agree (a phrase sits between them)
- **D.** Apostrophe in the wrong place in a plural possessive
- **E.** Affect and effect mixed up
- **F.** Who and whom mixed up
- **G.** Semicolon used where a colon belongs (before a list)
- **H.** Dangling modifier: the opening phrase describes the wrong thing
- **I.** Items in a list are not parallel
- **J.** Comma splice: two independent clauses joined by only a comma

1 Briseida's writing

Wrong sentence ☐ Error letter ☐

(1) The list of items the shelter still needs are posted on the office door. (2) The coat drive starts on Monday. (3) Gloves and hats in children's sizes are at the top of the list.

Rewrite it correctly .....

2 Dashiell's writing

Wrong sentence ☐ Error letter ☐

(1) Our English teacher paired the class up for the poetry project. (2) She split the reading between Thibault and I so that each of us had four poems. (3) We met in the library twice to compare notes.

Rewrite it correctly .....

3 Elowen's writing

Wrong sentence ☐ Error letter ☐

(1) Before the meet, the coach gave the runners three reminders. (2) Each one was written on the whiteboard in red marker. (3) She told us to stretch, to drink water and that we should sleep early.

Rewrite it correctly .....

4 Florian's writing

Wrong sentence ☐ Error letter ☐

(1) The public library closed early, the staff had to fix a broken heater. (2) A sign on the door said it would open again at nine the next morning. (3) I returned my books through the slot instead.

Rewrite it correctly .....

5 Gwyneth's writing

Wrong sentence ☐ Error letter ☐

(1) The art club is building a set of masks for the spring show. (2) Every member needs three things; scissors, glue and a paper plate. (3) The club will provide the paint.

Rewrite it correctly .....

★ Challenge

Pick one mistake from the Error Bank. Write a NEW sentence that makes that mistake, then write it again correctly.

.....

Name ..... Score ..... / 15

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English Puzzle Tournament

Puzzle sheet

Solve each puzzle with your team. Write your answers on the answer sheet.

English Puzzle Tournament

Round 1: Word Roots

1 PT EACH

1. The root *bene* means good or well. Name a person who gives money or help to a cause.
2. The root *mal* means bad. Finish the sentence with one word: the copier began to _____ and printed blank pages.
3. The root *ject* means throw. Which word means to throw back an idea, or to say no to it?
4. The root *cred* means believe. Which word describes a source you can believe?
5. The root *spec* means look. Name a person who watches an event without taking part.
6. The root *tract* means pull or drag. Which word means to pull back, or take back, something you said?
7. The root *ver* means true. Name a jury's decision about what is true.
8. The root *loqu* means speak. Name a long speech in which a character speaks alone, saying his or her thoughts aloud.

Round 2: Name the Device

2 PT EACH

9. Name the device: "Silent snow settled on the sleeping streets." (the same first sound again and again)
10. A hint early in a story about something that will happen later.
11. A scene that jumps back to an earlier time.
12. Saying the opposite of what you mean: "Great, another flat tire," said with a sigh.
13. Repeating the same words at the start of several sentences: "We will try. We will fall. We will try again."
14. A word that imitates the sound it names, such as sizzle, thud or buzz.
15. A reference to a famous story, person or event, such as calling a strong friend "a real Hercules."
16. Two words with opposite meanings side by side, such as "open secret" or "bittersweet."

Round 3: Word Logic

3 PT EACH

17. Finish the analogy. stanza : poem :: paragraph : _____
18. Finish the analogy. candid : honest :: concise : _____
19. Rearrange the letters of SERVE to make a word for a line of poetry.
20. Rearrange the letters of ROPES to make a word for ordinary writing that is not poetry.
21. A form of literature is hidden across two words of this sentence. Find it: "Did the hippo emerge from the river at dusk?"
22. What can go in front of all three to make new terms: ___smith, ___play, ___less?
23. A palindrome reads the same forward and backward. Write the five-letter palindrome that names the tool a builder uses to check that a shelf is straight, not tilted.
24. Which word does not belong, and why? simile, metaphor, personification, protagonist

Challenge Tiebreaker Rearrange the letters of SLATE to make a word for stories. _____

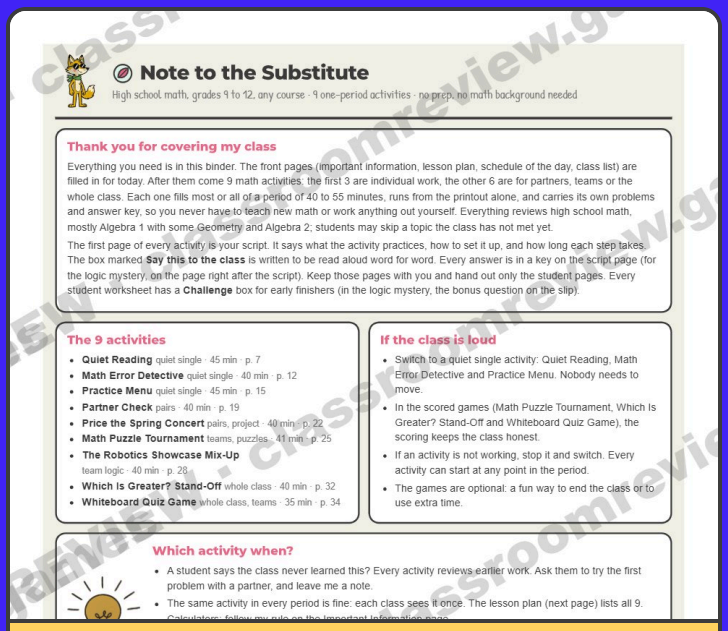
Name or team _____

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KIT 2 OF 5 · 36 pages · 9 activities · one day · grades 9 to 12

High School Math Emergency Sub Binder



Note to the Substitute

High school math, grades 9 to 12, any course · 9 one-period activities · no prep, no math background needed

Thank you for covering my class

Everything you need is in this binder. The front pages (important information, lesson plan, schedule of the day, class list) are filled in for today. After them come 9 math activities, the first 3 are individual work, the other 6 are for partners, teams or the whole class. Each one fills most or all of a period of 40 to 55 minutes, runs from the printout alone, and carries its own problems and answer key, so you never have to teach new math or work anything out yourself. Everything reviews high school math, mostly Algebra 1 with some Geometry and Algebra 2; students may skip a topic the class has not met yet.

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

The 9 activities

- **Quiet Reading** quiet single · 45 min · p. 7
- **Math Error Detective** quiet single · 40 min · p. 12
- **Practice Menu** quiet single · 45 min · p. 15
- **Partner Check** pairs · 40 min · p. 19
- **Price the Spring Concert** pairs, project · 40 min · p. 22
- **Math Puzzle Tournament** teams, puzzles · 41 min · p. 25
- **The Robotics Showcase Mix-Up** team logic · 40 min · p. 28
- **Which Is Greater? Stand-Off** whole class · 40 min · p. 32
- **Whiteboard Quiz Game** whole class, teams · 35 min · p. 34

If the class is loud

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

Which activity when?

- A student says the class never learned this? Every activity reviews earlier work. Ask them to try the first problem with a partner, and leave me a note.
- The same activity in every period is fine: each class sees it once. The lesson plan (next page) lists all 9. Calculators: follow my rule on the Important Information page.

Note to the substitute

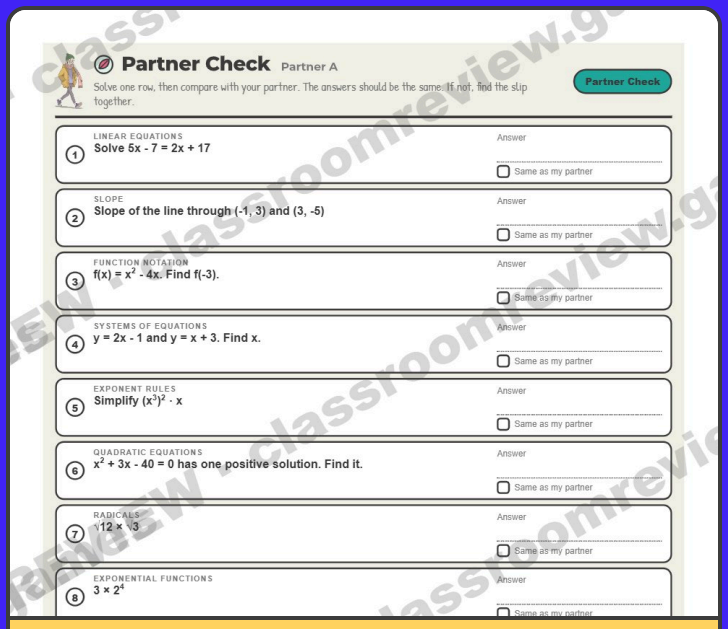


Lesson Plan

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

ACTIVITY	PLAN	PAGE
Quiet Reading Quiet single · about 45 min Time ___ : ___ to ___ : ___	• One reading and its question sheet per student; fast finishers take the other • Silent reading and questions, about 20 minutes per reading • Read the answers out from the key, or collect for me	p. 7
Math Error Detective Quiet single · about 40 min Time ___ : ___ to ___ : ___	• Hand out both case sheets; pencils only • Students find the one wrong step in each solution, explain it and fix the answer • Read the key out at the end, or collect for me	p. 12
Practice Menu Quiet single · about 45 min Time ___ : ___ to ___ : ___	• Three sheets on the desk: A Secret Message, B Match It, C Real-World Problems • Students choose one, work alone in silence, swap it when done • Check against the keys on the script, or collect for me	p. 15
Partner Check Pairs · about 40 min Time ___ : ___ to ___ : ___	• Pairs: one Partner A sheet and one Partner B sheet • Both solve row 1, then compare: the answers must match • Different answers? Find the slip together. The key is on the script	p. 19
Price the Spring Concert Pairs, project · about 40 min Time ___ : ___ to ___ : ___	• Pairs or threes, one Part 1 sheet and one Part 2 sheet each • Part 1 together (keyed), then build a price table, plot it and choose a price • Check Part 2 with the checklist on the script; collect for me	p. 22
Math Puzzle Tournament Teams, puzzles · about 41 min Time ___ : ___ to ___ : ___	• Teams of 3 or 4, one puzzle sheet and one answer sheet per team • One round at a time, 1, 2 or 3 points per puzzle • Every answer is on the key. The key settles arguments	p. 25
The Robotics Showcase Mix-Up Team logic · about 40 min Time ___ : ___ to ___ : ___	• Teams of 3 or 4, one case file and one grid per team • Warm-up together on the board, then the case on their own • Teams hand in their slip; check it against the key and reveal	p. 28
Which Is Greater? Stand-Off Whole class · about 40 min Time ___ : ___ to ___ : ___	• One sheet per student; everyone stays seated • Read a pair, 20-second guess, count hands, then 90 seconds to work it out • One speaker per side, then read the answer from the key	p. 32
Whiteboard Quiz Game Whole class, teams · about 35 min Time ___ : ___ to ___ : ___	• Draw the 5 by 5 board (or tape up the board sheet), 3 to 5 teams • Teams take turns picking a category and value; you read the question • Right answer: points on the scoreboard. Optional, for the end of class	p. 34

Lesson plan, filled in



Partner Check Partner A

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

Partner Check

1	LINEAR EQUATIONS Solve $6x - 7 = 2x + 17$	Answer ____ ☐ Same as my partner
2	SLOPE Slope of the line through (-1, 3) and (3, -5)	Answer ____ ☐ Same as my partner
3	FUNCTION NOTATION $f(x) = x^2 - 4x$. Find $f(-3)$.	Answer ____ ☐ Same as my partner
4	SYSTEMS OF EQUATIONS $y = 2x - 1$ and $y = x + 3$. Find x.	Answer ____ ☐ Same as my partner
5	EXPONENT RULES Simplify $(x^3)^2 \cdot x$	Answer ____ ☐ Same as my partner
6	QUADRATIC EQUATIONS $x^2 + 3x - 40 = 0$ has one positive solution. Find it.	Answer ____ ☐ Same as my partner
7	RADICALS $\sqrt{12} \times \sqrt{3}$	Answer ____ ☐ Same as my partner
8	EXPONENTIAL FUNCTIONS 3×2^4	Answer ____ ☐ Same as my partner

An activity page



Sub script and answer key

classroomreview.games



High School Math Emergency Sub Binder

Emergency sub plans for high school math, grades 9 to 12, any course. The sub needs no math background: every step is on the page.

PREVIEW

What is included

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

How it works

1. Leave the binder out. The lesson plan lists every activity with its page and minutes.
2. The sub reads the Say this to the class box word for word.
3. Students work from their own pages, with the steps on the page. The sub needs no math background: every answer is in the key.
4. No prep and no tech: print and go.

The 9 activities, 35 to 45 minutes each

1. **Quiet Reading**, 45 min **SOLO**: reading for detail with math inside: similar triangles, the tangent ratio, linear vs exponential growth
2. **Math Error Detective**, 40 min **SOLO**: finding and fixing one wrong step in equations, exponents, quadratics, trig, probability and radicals
3. **Practice Menu**, 45 min **SOLO**: mixed review: equations, functions, quadratics, exponents, radicals and real-world problems
4. **Partner Check**, 40 min **PAIRS**: equations, slope, functions, systems, exponents, quadratics, radicals, special triangles and probability
5. **Price the Spring Concert**, 40 min **PAIRS**: linear and quadratic models: revenue, the vertex, symmetry, profit, a table and a graph
6. **Math Puzzle Tournament**, 41 min **TEAMS**: equations, factoring, polygons, distance, arcs, trig ratios, sequences, transformations and data
7. **The Robotics Showcase Mix-Up**, 40 min **TEAMS**: the mean, fractions and percent of a number, sums, products and multiples, reasoning from clues
8. **Which Is Greater? Stand-Off**, 40 min **WHOLE CLASS**: comparing function values, rational exponents, radicals, slopes, trig values, mean and median, probability
9. **Whiteboard Quiz Game**, 35 min **WHOLE CLASS**: a review of this binder's math: equations, functions, quadratics, exponents and radicals, geometry

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



Note to the Substitute

High school math, grades 9 to 12, any course · 9 one-period activities · no prep, no math background needed

Thank you for covering my class

Everything you need is in this binder. The front pages (important information, lesson plan, schedule of the day, class list) are filled in for today. After them come 9 math activities: the first 3 are individual work, the other 6 are for partners, teams or the whole class. Each one fills most or all of a period of 40 to 55 minutes, runs from the printout alone, and carries its own problems and answer key, so you never have to teach new math or work anything out yourself. Everything reviews high school math, mostly Algebra 1 with some Geometry and Algebra 2; students may skip a topic the class has not met yet.

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

The 9 activities

- **Quiet Reading** quiet single · 45 min · p. 7
- **Math Error Detective** quiet single · 40 min · p. 12
- **Practice Menu** quiet single · 45 min · p. 15
- **Partner Check** pairs · 40 min · p. 19
- **Price the Spring Concert** pairs, project · 40 min · p. 22
- **Math Puzzle Tournament** teams, puzzles · 41 min · p. 25
- **The Robotics Showcase Mix-Up** team logic · 40 min · p. 28
- **Which Is Greater? Stand-Off** whole class · 40 min · p. 32
- **Whiteboard Quiz Game** whole class, teams · 35 min · p. 34

If the class is loud

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



Which activity when?

- A student says the class never learned this? Every activity reviews earlier work. Ask them to try the first problem with a partner, and leave me a note.
- The same activity in every period is fine: each class sees it once. The lesson plan (next page) lists all 9. Calculators: follow my rule on the Important Information page.
- First thing in the day, or a class that needs to settle: start with a quiet single activity.
- After lunch or with a restless class: a group activity uses the energy.
- Short period? These fit: Whiteboard Quiz Game (35 min) and one reading of Quiet Reading (about 20 min).

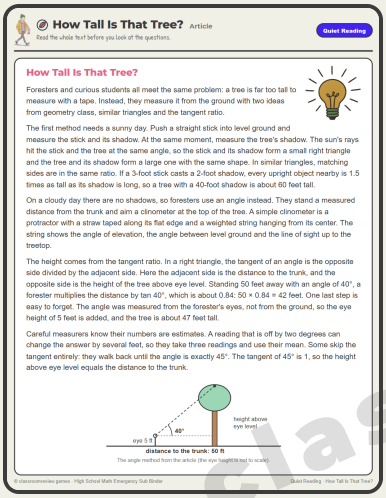
Before you leave

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

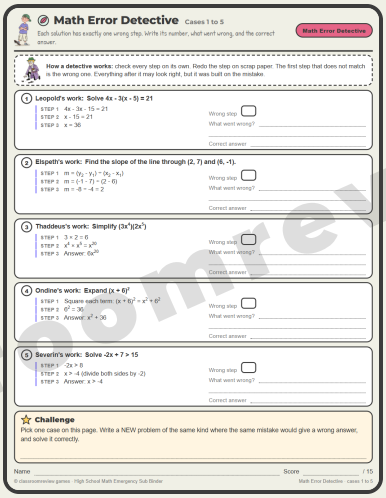


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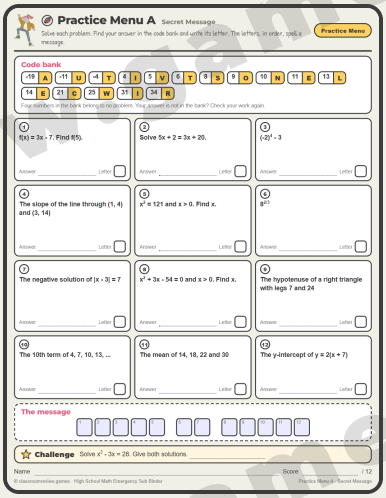
ONE PAGE OF EVERY ACTIVITY



1. Quiet Reading, 45 min (solo)



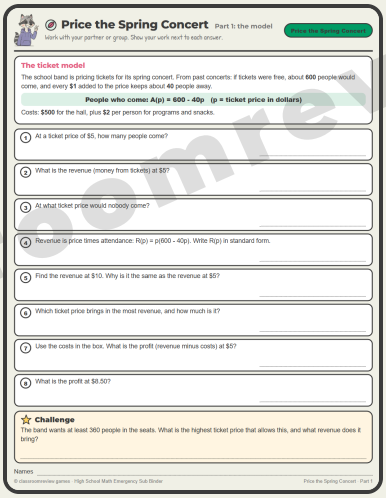
2. Math Error Detective, 40 min (solo)



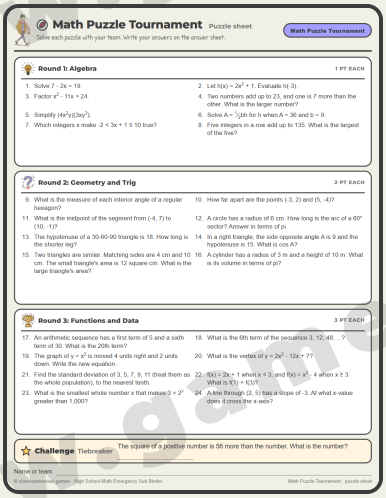
3. Practice Menu, 45 min (solo)



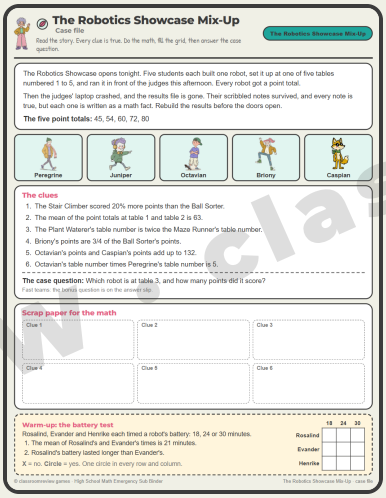
4. Partner Check, 40 min (pairs)



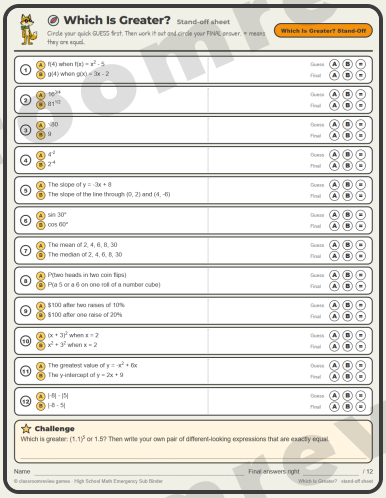
5. Price the Spring Concert, 40 min (pairs)



6. Math Puzzle Tournament, 41 min (teams)



7. The Robotics Showcase Mix-Up, 40 min (teams)



8. Which Is Greater? Stand-Off, 40 min (whole class)



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

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Every activity also has a sub script with a Say this to the class box



Math Error Detective

Cases 1 to 5

Each solution has exactly one wrong step. Write its number, what went wrong, and the correct answer.

Math Error Detective



How a detective works: check every step on its own. Redo the step on scrap paper. The first step that does not match is the wrong one. Everything after it may look right, but it was built on the mistake.

1 Leopold's work: Solve $4x - 3(x - 5) = 21$

STEP 1 $4x - 3x - 15 = 21$
STEP 2 $x - 15 = 21$
STEP 3 $x = 36$

Wrong step ☐
What went wrong? .....
.....
Correct answer .....

2 Elspeth's work: Find the slope of the line through (2, 7) and (6, -1).

STEP 1 $m = (y_2 - y_1) \div (x_2 - x_1)$
STEP 2 $m = (-1 - 7) \div (2 - 6)$
STEP 3 $m = -8 \div -4 = 2$

Wrong step ☐
What went wrong? .....
.....
Correct answer .....

3 Thaddeus's work: Simplify $(3x^4)(2x^5)$

STEP 1 $3 \times 2 = 6$
STEP 2 $x^4 \times x^5 = x^{20}$
STEP 3 Answer: $6x^{20}$

Wrong step ☐
What went wrong? .....
.....
Correct answer .....

4 Ondine's work: Expand $(x + 6)^2$

STEP 1 Square each term: $(x + 6)^2 = x^2 + 6^2$
STEP 2 $6^2 = 36$
STEP 3 Answer: $x^2 + 36$

Wrong step ☐
What went wrong? .....
.....
Correct answer .....

5 Severin's work: Solve $-2x + 7 > 15$

STEP 1 $-2x > 8$
STEP 2 $x > -4$ (divide both sides by -2)
STEP 3 Answer: $x > -4$

Wrong step ☐
What went wrong? .....
.....
Correct answer .....

Challenge

Pick one case on this page. Write a NEW problem of the same kind where the same mistake would give a wrong answer, and solve it correctly.

.....

Name ..... Score ..... / 15

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Math Puzzle Tournament

Puzzle sheet

Solve each puzzle with your team. Write your answers on the answer sheet.

Math Puzzle Tournament

Round 1: Algebra

1 PT EACH

1. Solve 7 - 2x = 19.
2. Let $h(x) = 2x^2 + 1$. Evaluate h(-3).
3. Factor $x^2 - 11x + 24$.
4. Two numbers add up to 23, and one is 7 more than the other. What is the larger number?
5. Simplify $(4x^2y)(3xy^3)$.
6. Solve $A = \frac{1}{2}bh$ for h when A = 36 and b = 9.
7. Which integers x make $-2 < 3x + 1 \leq 10$ true?
8. Five integers in a row add up to 135. What is the largest of the five?

Round 2: Geometry and Trig

2 PT EACH

9. What is the measure of each interior angle of a regular hexagon?
10. How far apart are the points (-3, 2) and (5, -4)?
11. What is the midpoint of the segment from (-4, 7) to (10, -1)?
12. A circle has a radius of 6 cm. How long is the arc of a 60° sector? Answer in terms of pi.
13. The hypotenuse of a 30-60-90 triangle is 18. How long is the shorter leg?
14. In a right triangle, the side opposite angle A is 9 and the hypotenuse is 15. What is cos A?
15. Two triangles are similar. Matching sides are 4 cm and 10 cm. The small triangle's area is 12 square cm. What is the large triangle's area?
16. A cylinder has a radius of 3 m and a height of 10 m. What is its volume in terms of pi?

Round 3: Functions and Data

3 PT EACH

17. An arithmetic sequence has a first term of 5 and a sixth term of 30. What is the 20th term?
18. What is the 6th term of the sequence 3, 12, 48, ...?
19. The graph of $y = x^2$ is moved 4 units right and 2 units down. Write the new equation.
20. What is the vertex of $y = 2x^2 - 12x + 7$?
21. Find the standard deviation of 3, 5, 7, 9, 11 (treat them as the whole population), to the nearest tenth.
22. $f(x) = 2x + 1$ when $x < 3$, and $f(x) = x^2 - 4$ when $x \geq 3$. What is f(1) + f(3)?
23. What is the smallest whole number x that makes 3×2^x greater than 1,000?
24. A line through (2, 5) has a slope of -3. At what x-value does it cross the x-axis?

Challenge Tiebreaker

The square of a positive number is 56 more than the number. What is the number?

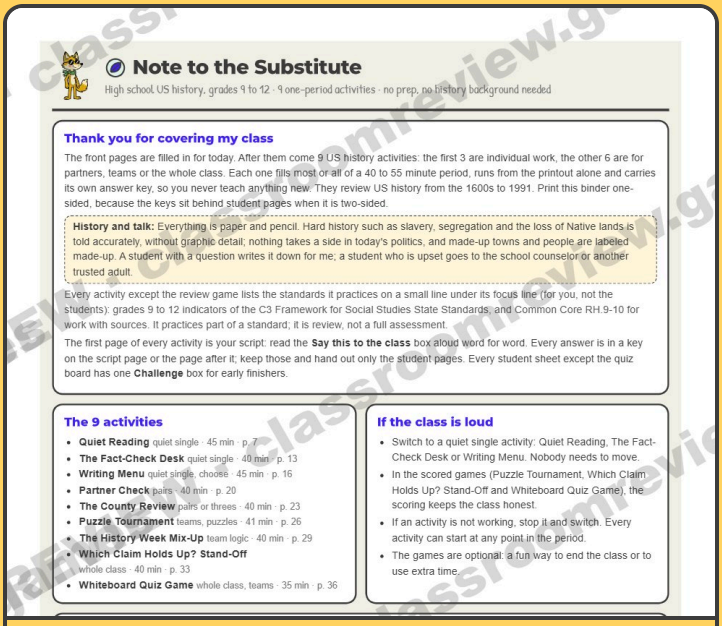
Name or team .....

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KIT 3 OF 5 38 pages · 9 activities · one day · grades 9 to 12

High School US History Emergency Sub Binder



Note to the Substitute

High school US history, grades 9 to 12 · 9 one-period activities · no prep, no history background needed

Thank you for covering my class

The front pages are filled in for today. After them come 9 US history activities: the first 3 are individual work, the other 6 are for partners, teams or the whole class. Each one fills most or all of a 40 to 55 minute period, runs from the printout alone and carries its own answer key, so you never teach anything new. They review US history from the 1600s to 1991. Print this binder one-sided, because the keys sit behind student pages when it is two-sided.

History and talk: Everything is paper and pencil. Hard history such as slavery, segregation and the loss of Native lands is told accurately, without graphic detail; nothing takes a side in today's politics, and made-up towns and people are labeled made-up. A student with a question writes it down for me; a student who is upset goes to the school counselor or another trusted adult.

Every activity except the review game lists the standards it practices on a small line under its focus line (for you, not the students): grades 9 to 12 indicators of the C3 Framework for Social Studies State Standards, and Common Core RH.9-10 for work with sources. It practices part of a standard; it is review, not a full assessment.

The first page of every activity is your script: read the **Say this to the class** box aloud word for word. Every answer is in a key on the script page or the page after it; keep those and hand out only the student pages. Every student sheet except the quiz board has one **Challenge** box for early finishers.

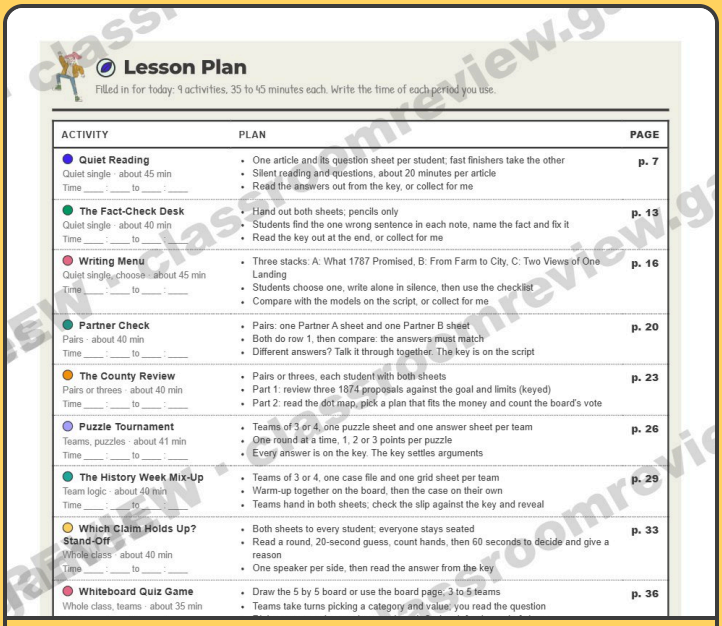
The 9 activities

- **Quiet Reading** quiet single · 45 min · p. 7
- **The Fact-Check Desk** quiet single · 40 min · p. 13
- **Writing Menu** quiet single, choose · 45 min · p. 16
- **Partner Check** pairs · 40 min · p. 20
- **The County Review** pairs or threes · 40 min · p. 23
- **Puzzle Tournament** teams, puzzles · 41 min · p. 26
- **The History Week Mix-Up** team logic · 40 min · p. 29
- **Which Claim Holds Up? Stand-Off** whole class · 40 min · p. 33
- **Whiteboard Quiz Game** whole class, teams · 35 min · p. 36

If the class is loud

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

Note to the substitute



Lesson Plan

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

ACTIVITY	PLAN	PAGE
Quiet Reading Quiet single · about 45 min Time ____ : ____ to ____ : ____	• One article and its question sheet per student; fast finishers take the other • Silent reading and questions, about 20 minutes per article • Read the answers out from the key, or collect for me	p. 7
The Fact-Check Desk Quiet single · about 40 min Time ____ : ____ to ____ : ____	• Hand out both sheets; pencils only • Students find the one wrong sentence in each note, name the fact and fix it • Read the key out at the end, or collect for me	p. 13
Writing Menu Quiet single, choose · about 45 min Time ____ : ____ to ____ : ____	• Three stacks: A: What 1787 Promised, B: From Farm to City, C: Two Views of One Landing • Students choose one, write alone in silence, then use the checklist • Compare with the models on the script, or collect for me	p. 16
Partner Check Pairs · about 40 min Time ____ : ____ to ____ : ____	• Pairs: one Partner A sheet and one Partner B sheet • Both do row 1, then compare: the answers must match • Different answers? Talk it through together. The key is on the script	p. 20
The County Review Pairs or threes · about 40 min Time ____ : ____ to ____ : ____	• Pairs or threes, each student with both sheets • Part 1: review three 1874 proposals against the goal and limits (keyed) • Part 2: read the dot map, pick a plan that fits the money and count the board's vote	p. 23
Puzzle Tournament Teams, puzzles · about 41 min Time ____ : ____ to ____ : ____	• Teams of 3 or 4, one puzzle sheet and one answer sheet per team • One round at a time, 1, 2 or 3 points per puzzle • Every answer is on the key. The key settles arguments	p. 26
The History Week Mix-Up Team logic · about 40 min Time ____ : ____ to ____ : ____	• Teams of 3 or 4, one case file and one grid sheet per team • Warm-up together on the board, then the case on their own • Teams hand in both sheets; check the slip against the key and reveal	p. 29
Which Claim Holds Up? Stand-Off Whole class · about 40 min Time ____ : ____ to ____ : ____	• Both sheets to every student; everyone stays seated • Read a round, 20-second guess, count hands, then 60 seconds to decide and give a reason • One speaker per side, then read the answer from the key	p. 33
Whiteboard Quiz Game Whole class, teams · about 35 min	• Draw the 5 by 5 board or use the board page; 3 to 5 teams • Teams take turns picking a category and value; you read the question	p. 36

Lesson plan, filled in



Puzzle Tournament Puzzle sheet

Solve each puzzle with your team. Write your answers on the answer sheet.

Team game

Round 1: Word Parts 1 PT EACH

1. *camer* means chamber. Name the word for a legislature with two houses, like Congress.
2. *bellum* means war. Name the word for the South in the years before the war between the North and the South.
3. *chron* means time. Name the word for events put in the order they happened: _____ order.
4. *auto* means self. Name the word for a ruler who holds all power alone.
5. *cede* means go. Name the word for a state formally leaving the country, as Southern states did in 1860 and 1861.
6. *nex* means tie. Name the word for adding a territory to a country, as the US did with Texas in 1845.
7. *migr* means move. About 6 million Black Southerners moved to Northern and Western cities from about 1910 to 1970: the Great _____.
8. *isol* means island. Name the 1930s policy of staying out of other countries' wars and alliances.

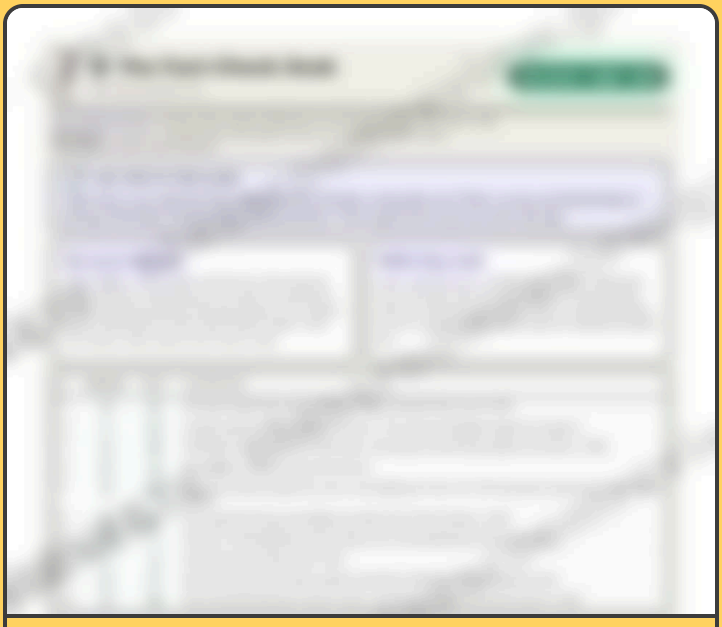
Round 2: Name It 2 PT EACH

9. A tax on goods brought into a country from abroad.
10. Land set aside by the US government for a Native nation, often by treaty.
11. A general rise in prices across a whole economy.
12. The long US and Soviet rivalry, about 1947 to 1991, with no direct war between the two.
13. A group of workers who join together to bargain with employers for better pay.
14. A very long speech in the Senate given to delay or block a vote on a bill.
15. The power of the courts to decide whether a law goes against the Constitution.
16. A formal change or addition to the Constitution.

Round 3: History Logic 3 PT EACH

17. Finish the analogy. Lexington and Concord : the
18. Finish the analogy. the North : the Union ::

An activity page



Sub script and answer key



High School US History Emergency Sub Binder

Emergency sub plans for high school US history, grades 9 to 12, all on paper. The sub needs no history background: every step is on the page.

PREVIEW

What is included

- 7 front pages: binder cover, important information, note to the sub, the filled-in lesson plan, schedule, class list, how it went
- 9 activities with sub scripts and student pages (31 pages): 3 individual, 6 with a partner, a team or the whole class
- A Say this to the class script for every activity, star challenges for fast finishers, every answer in a key
- 8 of the 9 activities list their C3 Framework or Common Core standards on the sub script (not the optional quiz game)
- Color and ink-saver B&W, US Letter and A4

How it works

1. Leave the binder out. The lesson plan lists every activity with its page and minutes.
2. The sub reads the Say this to the class box word for word.
3. Students work from their own pages, with the steps on the page. The sub needs no history background: every answer is in the key.
4. No prep, no tech: print and go.

The 9 activities, 35 to 45 minutes each

1. **Quiet Reading**, 45 min **SOLO**: citing evidence and finding the central idea: the Zenger trial of 1735 and the GI Bill of 1944
2. **The Fact-Check Desk**, 40 min **SOLO**: checking claims against reliable facts: ten US history mix-ups from 1664 to 1983
3. **Writing Menu**, 45 min **SOLO**: writing with evidence: a 1787 document, Census data on cities, or two points of view
4. **Partner Check**, 40 min **PAIRS**: mixed review: centuries, branches, sources, amendments, maps, protest and migration
5. **The County Review**, 40 min **PAIRS OR THREES**: costs and benefits of an 1870s county choice, reading a dot map and a majority vote
6. **Puzzle Tournament**, 41 min **TEAMS**: US history vocabulary: word parts, terms, analogies, anagrams and other word logic
7. **The History Week Mix-Up**, 40 min **TEAMS**: placing five exhibit panels in their eras of US history, then solving the week
8. **Which Claim Holds Up? Stand-Off**, 40 min **WHOLE CLASS**: judging claims: data, sources, sample size, fitting the evidence and causes
9. **Whiteboard Quiz Game**, 35 min **WHOLE CLASS**: a review of this binder: articles, fact checks, partner rows, the county review and evidence

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- **The County Review** pairs or threes · 40 min · p. 23
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- A student says the class never learned this? Let them try the first problem with a partner, and leave me a note.
- The same activity in every period is fine: each class sees it once. The lesson plan (next page) lists all 9.
- A class that needs to settle: start with a quiet single activity. A restless class: a group activity uses the energy.
- Short period? One Quiet Reading article or one Fact-Check sheet (about 20 min) fits. The Quiz Game (35 min) reviews the other activities, so use it after them.

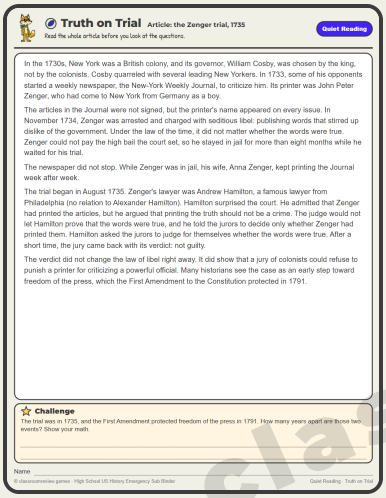
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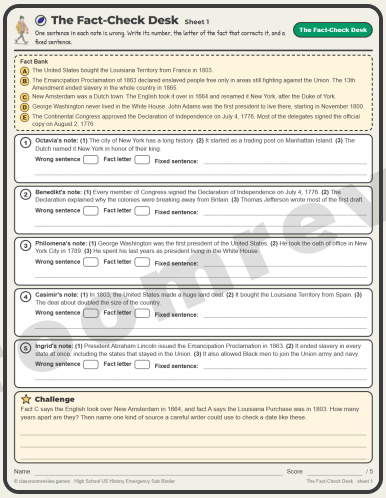
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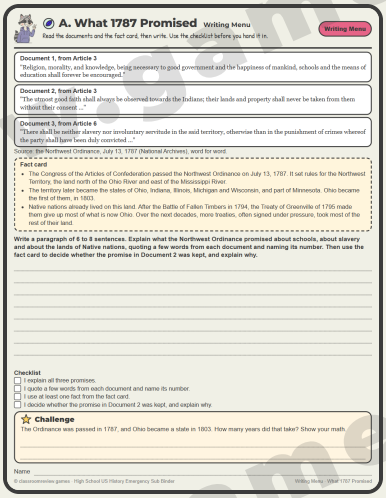
ONE PAGE OF EVERY ACTIVITY



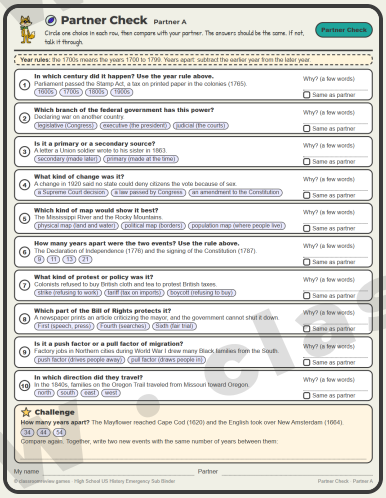
1. Quiet Reading, 45 min (solo)



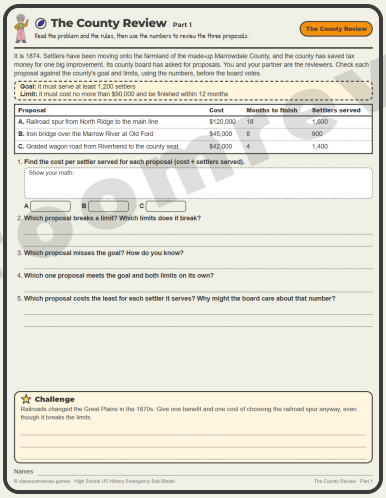
2. The Fact-Check Desk, 40 min (solo)



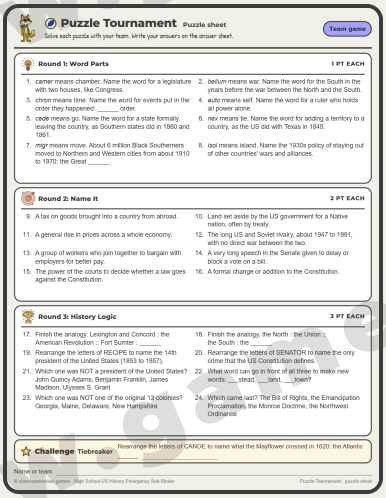
3. Writing Menu, 45 min (solo)



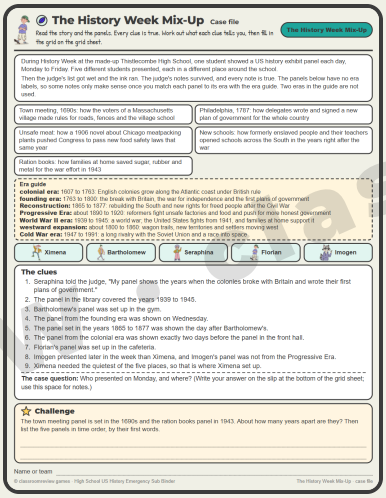
4. Partner Check, 40 min (pairs)



5. The County Review, 40 min (pairs or threes)



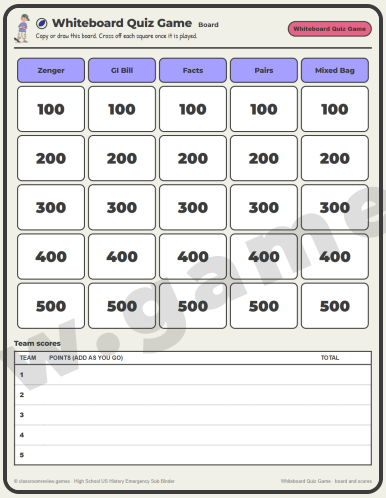
6. Puzzle Tournament, 41 min (teams)



7. The History Week Mix-Up, 40 min (teams)



8. Which Claim Holds Up? Stand-Off, 40 min (whole class)



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

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Every activity also has a sub script with a Say this to the class box



The Fact-Check Desk Sheet 1

One sentence in each note is wrong. Write its number, the letter of the fact that corrects it, and a fixed sentence.

The Fact-Check Desk

Fact Bank

- **A** The United States bought the Louisiana Territory from France in 1803.
- **B** The Emancipation Proclamation of 1863 declared enslaved people free only in areas still fighting against the Union. The 13th Amendment ended slavery in the whole country in 1865.
- **C** New Amsterdam was a Dutch town. The English took it over in 1664 and renamed it New York, after the Duke of York.
- **D** George Washington never lived in the White House. John Adams was the first president to live there, starting in November 1800.
- **E** The Continental Congress approved the Declaration of Independence on July 4, 1776. Most of the delegates signed the official copy on August 2, 1776.

1 **Octavia's note:** **(1)** The city of New York has a long history. **(2)** It started as a trading post on Manhattan Island. **(3)** The Dutch named it New York in honor of their king.

Wrong sentence ☐ **Fact letter** ☐ **Fixed sentence:** .....

.....

2 **Benedikt's note:** **(1)** Every member of Congress signed the Declaration of Independence on July 4, 1776. **(2)** The Declaration explained why the colonies were breaking away from Britain. **(3)** Thomas Jefferson wrote most of the first draft.

Wrong sentence ☐ **Fact letter** ☐ **Fixed sentence:** .....

.....

3 **Philomena's note:** **(1)** George Washington was the first president of the United States. **(2)** He took the oath of office in New York City in 1789. **(3)** He spent his last years as president living in the White House.

Wrong sentence ☐ **Fact letter** ☐ **Fixed sentence:** .....

.....

4 **Casimir's note:** **(1)** In 1803, the United States made a huge land deal. **(2)** It bought the Louisiana Territory from Spain. **(3)** The deal about doubled the size of the country.

Wrong sentence ☐ **Fact letter** ☐ **Fixed sentence:** .....

.....

5 **Ingrid's note:** **(1)** President Abraham Lincoln issued the Emancipation Proclamation in 1863. **(2)** It ended slavery in every state at once, including the states that stayed in the Union. **(3)** It also allowed Black men to join the Union army and navy.

Wrong sentence ☐ **Fact letter** ☐ **Fixed sentence:** .....

.....

☆ Challenge

Fact C says the English took over New Amsterdam in 1664, and fact A says the Louisiana Purchase was in 1803. How many years apart are they? Then name one kind of source a careful writer could use to check a date like these.

.....

.....

.....

Name ..... Score ..... / 5

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Puzzle Tournament

Puzzle sheet

Solve each puzzle with your team. Write your answers on the answer sheet.

Team game

Round 1: Word Parts

1 PT EACH

1. *camer* means chamber. Name the word for a legislature with two houses, like Congress.
2. *bellum* means war. Name the word for the South in the years before the war between the North and the South.
3. *chron* means time. Name the word for events put in the order they happened: _____ order.
4. *auto* means self. Name the word for a ruler who holds all power alone.
5. *cede* means go. Name the word for a state formally leaving the country, as Southern states did in 1860 and 1861.
6. *nex* means tie. Name the word for adding a territory to a country, as the US did with Texas in 1845.
7. *migr* means move. About 6 million Black Southerners moved to Northern and Western cities from about 1910 to 1970: the Great _____.
8. *isol* means island. Name the 1930s policy of staying out of other countries' wars and alliances.

Round 2: Name It

2 PT EACH

9. A tax on goods brought into a country from abroad.
10. Land set aside by the US government for a Native nation, often by treaty.
11. A general rise in prices across a whole economy.
12. The long US and Soviet rivalry, about 1947 to 1991, with no direct war between the two.
13. A group of workers who join together to bargain with employers for better pay.
14. A very long speech in the Senate given to delay or block a vote on a bill.
15. The power of the courts to decide whether a law goes against the Constitution.
16. A formal change or addition to the Constitution.

Round 3: History Logic

3 PT EACH

17. Finish the analogy. Lexington and Concord : the American Revolution :: Fort Sumter : _____
18. Finish the analogy. the North : the Union :: the South : the _____
19. Rearrange the letters of RECIPE to name the 14th president of the United States (1853 to 1857).
20. Rearrange the letters of SENATOR to name the only crime that the US Constitution defines.
21. Which one was NOT a president of the United States? John Quincy Adams, Benjamin Franklin, James Madison, Ulysses S. Grant
22. What word can go in front of all three to make new words: ___stead, ___land, ___town?
23. Which one was NOT one of the original 13 colonies? Georgia, Maine, Delaware, New Hampshire
24. Which came last? The Bill of Rights, the Emancipation Proclamation, the Monroe Doctrine, the Northwest Ordinance

Challenge Tiebreaker — Rearrange the letters of CANOE to name what the Mayflower crossed in 1620: the Atlantic _____.

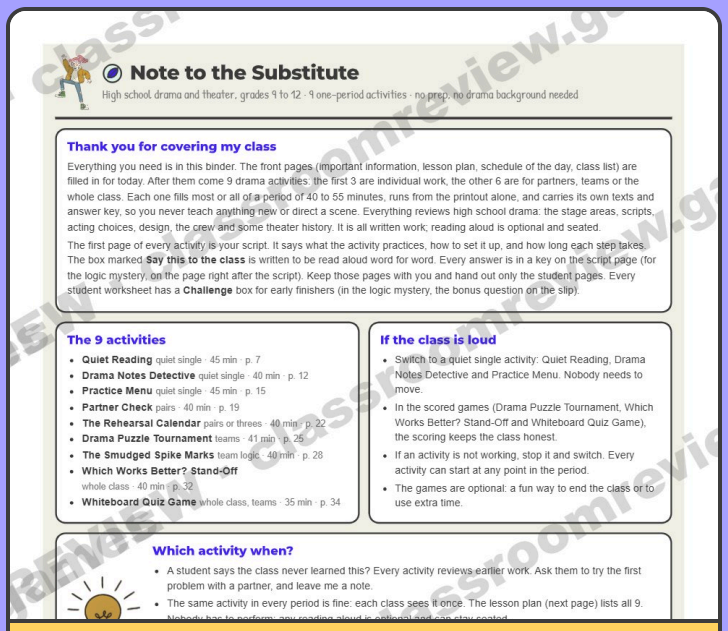
Name or team .....

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KIT 4 OF 5 36 pages · 9 activities · one day · grades 9 to 12

High School Drama Emergency Sub Binder



Note to the Substitute

High school drama and theater, grades 9 to 12 · 9 one-period activities · no prep, no drama background needed

Thank you for covering my class

Everything you need is in this binder. The front pages (important information, lesson plan, schedule of the day, class list) are filled in for today. After them come 9 drama activities: the first 3 are individual work, the other 6 are for partners, teams or the whole class. Each one fills most or all of a period of 40 to 55 minutes, runs from the printout alone, and carries its own texts and answer key, so you never teach anything new or direct a scene. Everything reviews high school drama: the stage areas, scripts, acting choices, design, the crew and some theater history. It is all written work; reading aloud is optional and seated.

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

The 9 activities

- **Quiet Reading** quiet single · 45 min · p. 7
- **Drama Notes Detective** quiet single · 40 min · p. 12
- **Practice Menu** quiet single · 45 min · p. 15
- **Partner Check** pairs · 40 min · p. 19
- **The Rehearsal Calendar** pairs or threes · 40 min · p. 22
- **Drama Puzzle Tournament** teams · 41 min · p. 25
- **The Smudged Spike Marks** team logic · 40 min · p. 28
- **Which Works Better? Stand-Off** whole class · 40 min · p. 32
- **Whiteboard Quiz Game** whole class, teams · 35 min · p. 34

If the class is loud

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

Which activity when?

- A student says the class never learned this? Every activity reviews earlier work. Ask them to try the first problem with a partner, and leave me a note.
- The same activity in every period is fine: each class sees it once. The lesson plan (next page) lists all 9.
- Nobody has to perform: any reading aloud is optional and can stay seated.

Note to the substitute

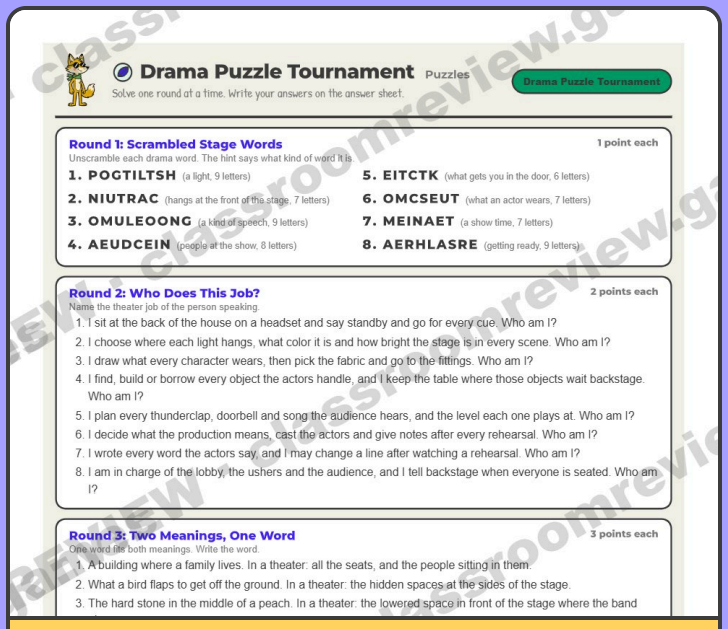


Lesson Plan

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

ACTIVITY	PLAN	PAGE
Quiet Reading Quiet single · about 45 min Time ___ : ___ to ___ : ___	• One reading and its question sheet per student; fast finishers take the other • Silent reading and questions, about 20 minutes per reading • Read the answers out from the key, or collect for me	p. 7
Drama Notes Detective Quiet single · about 40 min Time ___ : ___ to ___ : ___	• Hand out both card sheets; pencils only • Students find the one false line on each note card, explain it and fix it • Read the key out at the end, or collect for me	p. 12
Practice Menu Quiet single · about 45 min Time ___ : ___ to ___ : ___	• Three sheets on the desk: A Secret Message, B Match It, C Backstage Problems • Students choose one, work alone in silence, swap it when done • Check against the keys on the script, or collect for me	p. 15
Partner Check Pairs · about 40 min Time ___ : ___ to ___ : ___	• Pairs: one Partner A sheet and one Partner B sheet • Both do row 1, then compare: the answers must match • Different answers? Find the slip together. The key is on the script	p. 19
The Rehearsal Calendar Pairs or threes · about 40 min Time ___ : ___ to ___ : ___	• Pairs or threes, one Part 1 sheet and one Part 2 sheet each • Part 1: French scenes and the breakdown chart (keyed) • Part 2: a three-day rehearsal calendar, checked with the checklist	p. 22
Drama Puzzle Tournament Teams · about 41 min Time ___ : ___ to ___ : ___	• Teams of 3 or 4, one puzzle sheet and one answer sheet per team • One round at a time, 1, 2 or 3 points per puzzle • Every answer is on the key. The key settles arguments	p. 25
The Smudged Spike Marks Team logic · about 40 min Time ___ : ___ to ___ : ___	• Teams of 3 or 4, one case file and one grid per team • Warm-up together on the board, then the case on their own • Teams hand in their slip; check it against the key and reveal	p. 28
Which Works Better? Stand-Off Whole class · about 40 min Time ___ : ___ to ___ : ___	• One sheet per student; everyone stays seated • Read a pair, 20-second guess, count hands, then 90 seconds to find the reason • One speaker per side, then read the answer from the key	p. 32
Whiteboard Quiz Game Whole class, teams · about 35 min Time ___ : ___ to ___ : ___	• Draw the 5 by 5 board (or tape up the board sheet), 3 to 5 teams • Teams take turns picking a category and value; you read the question • Right answer: points on the scoreboard. Optional, for the end of class	p. 34

Lesson plan, filled in



Drama Puzzle Tournament

Puzzles

Drama Puzzle Tournament

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

Round 1: Scrambled Stage Words — 1 point each

Unscramble each drama word. The hint says what kind of word it is.

1. POGTILTSH (a light, 9 letters)
2. NIUTRAC (hangs at the front of the stage, 7 letters)
3. OMULEOONG (a kind of speech, 9 letters)
4. AEUDCEIN (people at the show, 8 letters)
5. EITCTK (what gets you in the door, 6 letters)
6. OMCSEUT (what an actor wears, 7 letters)
7. MEINAET (a show time, 7 letters)
8. AERHLASRE (getting ready, 9 letters)

Round 2: Who Does This Job? — 2 points each

Name the theater job of the person speaking.

1. I sit at the back of the house on a headset and say standby and go for every cue. Who am I?
2. I choose where each light hangs, what color it is and how bright the stage is in every scene. Who am I?
3. I draw what every character wears, then pick the fabric and go to the fittings. Who am I?
4. I find, build or borrow every object the actors handle, and I keep the table where those objects wait backstage. Who am I?
5. I plan every thunderclap, doorbell and song the audience hears, and the level each one plays at. Who am I?
6. I decide what the production means, cast the actors and give notes after every rehearsal. Who am I?
7. I wrote every word the actors say, and I may change a line after watching a rehearsal. Who am I?
8. I am in charge of the lobby, the ushers and the audience, and I tell backstage when everyone is seated. Who am I?

Round 3: Two Meanings, One Word — 3 points each

One word fits both meanings. Write the word.

1. A building where a family lives. In a theater: all the seats, and the people sitting in them.
2. What a bird flaps to get off the ground. In a theater: the hidden spaces at the sides of the stage.
3. The hard stone in the middle of a peach. In a theater: the lowered space in front of the stage where the band

An activity page



Sub script and answer key



High School Drama Emergency Sub Binder

Emergency sub plans for high school drama and theater, grades 9 to 12. The sub needs no drama background: every step is on the page.

PREVIEW

What is included

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

How it works

1. Leave the binder out. The lesson plan lists every activity with its page and minutes.
2. The sub reads the Say this to the class box word for word.
3. Students work from their own pages, with the steps on the page. It is all written work; reading aloud is optional and seated. The sub needs no drama background: every answer is in the key.
4. No prep and no tech: print and go.

The 9 activities, 35 to 45 minutes each

1. **Quiet Reading**, 45 min SOLO: reading about theater: the history of stage lighting, tech week, props, conflict and theme
2. **Drama Notes Detective**, 40 min SOLO: stage areas, scripts, Greek and Shakespearean theater, acting terms, lighting, calling cues
3. **Practice Menu**, 45 min SOLO: drama vocabulary, scene moments and the terms they show, and the planning math a stage manager does
4. **Partner Check**, 40 min PAIRS: stage areas from the actor's and the audience's side, and drama terms from a definition or a moment
5. **The Rehearsal Calendar**, 40 min PAIRS: script breakdown: French scenes, a breakdown chart, and planning rehearsals around the cast's schedule
6. **Drama Puzzle Tournament**, 41 min TEAMS: drama vocabulary, the jobs of a theater company, and the theater meanings of everyday words
7. **The Smudged Spike Marks**, 40 min TEAMS: stage areas, stage left and house left, upstage and downstage, reasoning from clues
8. **Which Works Better? Stand-Off**, 40 min WHOLE CLASS: stage choices: cheating out, show not tell, playable objectives, focus, costume, light and voice
9. **Whiteboard Quiz Game**, 35 min WHOLE CLASS: a review of this binder's drama: lighting, props, stage areas, scene terms and the crew's jobs

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



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- First thing in the day, or a class that needs to settle: start with a quiet single activity.
- After lunch or with a restless class: a group activity uses the energy.
- Short period? These fit: Whiteboard Quiz Game (35 min) and one reading of Quiet Reading (about 20 min).

Before you leave

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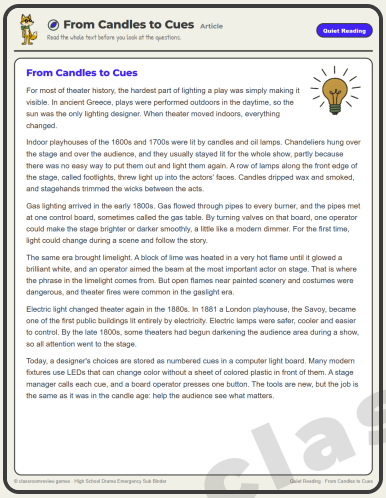


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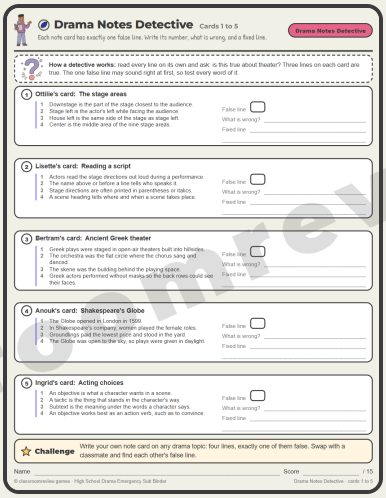
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ONE PAGE OF EVERY ACTIVITY

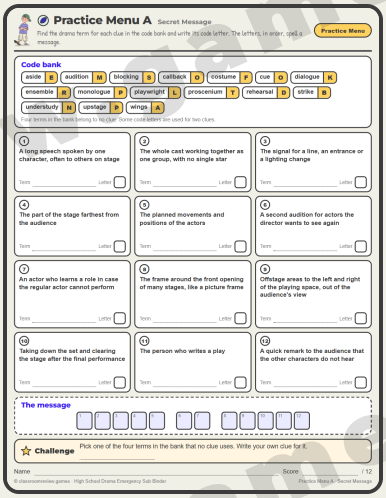
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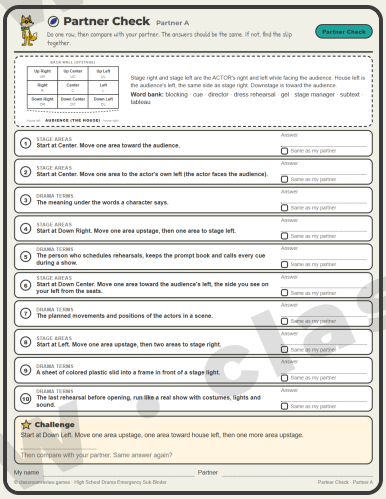
1. Quiet Reading, 45 min (solo)



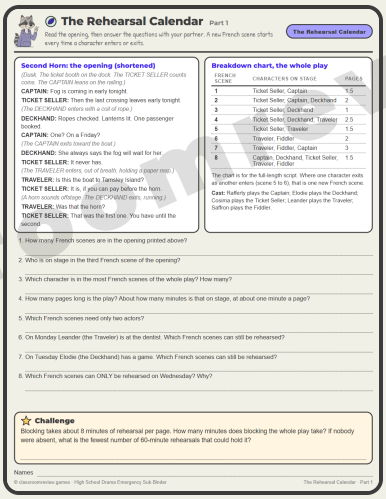
2. Drama Notes Detective, 40 min (solo)



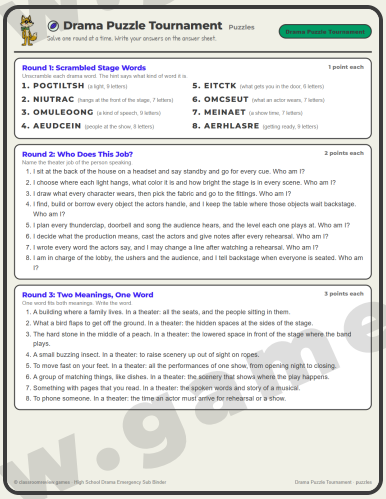
3. Practice Menu, 45 min (solo)



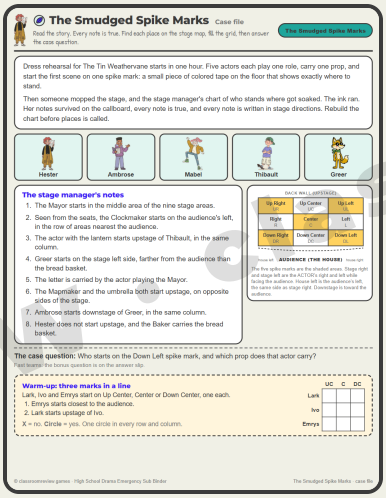
4. Partner Check, 40 min (pairs)



5. The Rehearsal Calendar, 40 min (pairs)



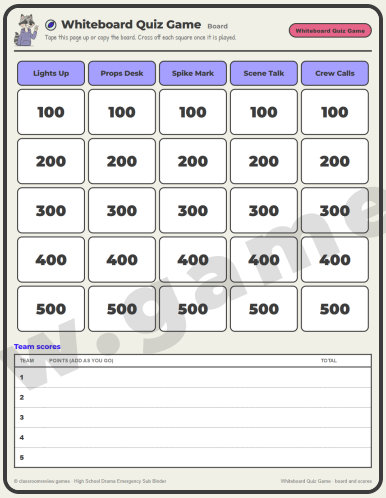
6. Drama Puzzle Tournament, 41 min (teams)



7. The Smudged Spike Marks, 40 min (teams)



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



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

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Every activity also has a sub script with a Say this to the class box



Drama Notes Detective

Cards 1 to 5

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

Drama Notes Detective



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

1 Ottilie's card: The stage areas

1. Downstage is the part of the stage closest to the audience.
2. Stage left is the actor's left while facing the audience.
3. House left is the same side of the stage as stage left.
4. Center is the middle area of the nine stage areas.

False line ☐

What is wrong? .....

Fixed line .....

.....

2 Lisette's card: Reading a script

1. Actors read the stage directions out loud during a performance.
2. The name above or before a line tells who speaks it.
3. Stage directions are often printed in parentheses or italics.
4. A scene heading tells where and when a scene takes place.

False line ☐

What is wrong? .....

Fixed line .....

.....

3 Bertram's card: Ancient Greek theater

1. Greek plays were staged in open-air theaters built into hillsides.
2. The orchestra was the flat circle where the chorus sang and danced.
3. The skene was the building behind the playing space.
4. Greek actors performed without masks so the back rows could see their faces.

False line ☐

What is wrong? .....

Fixed line .....

.....

4 Anouk's card: Shakespeare's Globe

1. The Globe opened in London in 1599.
2. In Shakespeare's company, women played the female roles.
3. Groundlings paid the lowest price and stood in the yard.
4. The Globe was open to the sky, so plays were given in daylight.

False line ☐

What is wrong? .....

Fixed line .....

.....

5 Ingrid's card: Acting choices

1. An objective is what a character wants in a scene.
2. A tactic is the thing that stands in the character's way.
3. Subtext is the meaning under the words a character says.
4. An objective works best as an action verb, such as to convince.

False line ☐

What is wrong? .....

Fixed line .....

.....

Challenge Write your own note card on any drama topic: four lines, exactly one of them false. Swap with a classmate and find each other's false line.

Name ..... Score ..... / 15

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Drama Puzzle Tournament

Puzzles

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

Drama Puzzle Tournament

Round 1: Scrambled Stage Words

1 point each

Unscramble each drama word. The hint says what kind of word it is.

1. **POGTILTSH** (a light, 9 letters)
2. **NIUTRAC** (hangs at the front of the stage, 7 letters)
3. **OMULEOONG** (a kind of speech, 9 letters)
4. **AEUDCEIN** (people at the show, 8 letters)
5. **EITCTK** (what gets you in the door, 6 letters)
6. **OMCSEUT** (what an actor wears, 7 letters)
7. **MEINAET** (a show time, 7 letters)
8. **AERHLASRE** (getting ready, 9 letters)

Round 2: Who Does This Job?

2 points each

Name the theater job of the person speaking.

1. I sit at the back of the house on a headset and say standby and go for every cue. Who am I?
2. I choose where each light hangs, what color it is and how bright the stage is in every scene. Who am I?
3. I draw what every character wears, then pick the fabric and go to the fittings. Who am I?
4. I find, build or borrow every object the actors handle, and I keep the table where those objects wait backstage. Who am I?
5. I plan every thunderclap, doorbell and song the audience hears, and the level each one plays at. Who am I?
6. I decide what the production means, cast the actors and give notes after every rehearsal. Who am I?
7. I wrote every word the actors say, and I may change a line after watching a rehearsal. Who am I?
8. I am in charge of the lobby, the ushers and the audience, and I tell backstage when everyone is seated. Who am I?

Round 3: Two Meanings, One Word

3 points each

One word fits both meanings. Write the word.

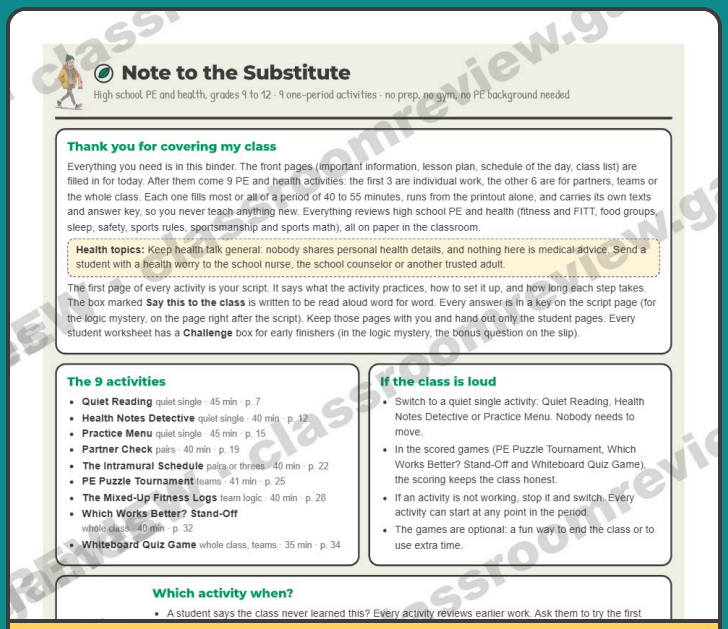
1. A building where a family lives. In a theater: all the seats, and the people sitting in them.
2. What a bird flaps to get off the ground. In a theater: the hidden spaces at the sides of the stage.
3. The hard stone in the middle of a peach. In a theater: the lowered space in front of the stage where the band plays.
4. A small buzzing insect. In a theater: to raise scenery up out of sight on ropes.
5. To move fast on your feet. In a theater: all the performances of one show, from opening night to closing.
6. A group of matching things, like dishes. In a theater: the scenery that shows where the play happens.
7. Something with pages that you read. In a theater: the spoken words and story of a musical.
8. To phone someone. In a theater: the time an actor must arrive for rehearsal or a show.

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KIT 5 OF 5 · 36 pages · 9 activities · one day · grades 9 to 12

High School PE and Health Emergency Sub Binder



Note to the Substitute

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

Thank you for covering my class

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

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

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

The 9 activities

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

If the class is loud

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

Which activity when?

- A student says the class never learned this? Every activity reviews earlier work. Ask them to try the first

Note to the substitute

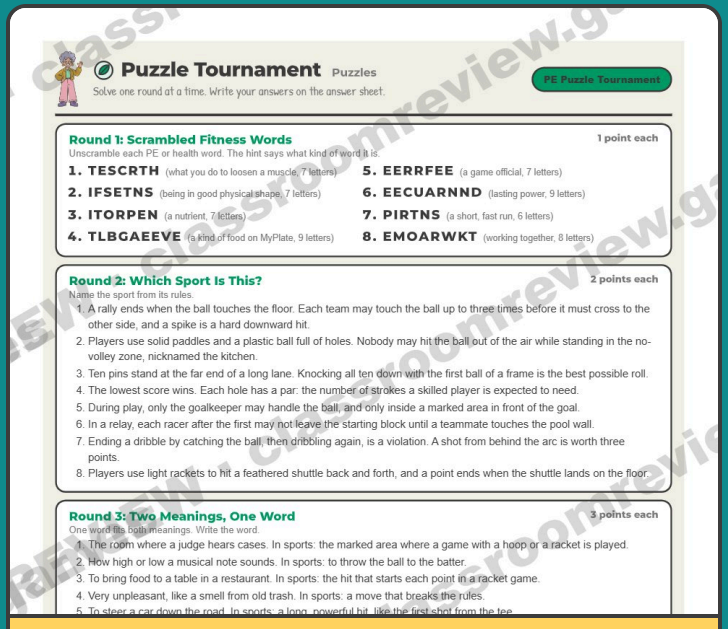


Lesson Plan

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

ACTIVITY	PLAN	PAGE
Quiet Reading Quiet single · about 45 min Time ____ : ____ to ____ : ____	• One reading and its question sheet per student; fast finishers take the other • Silent reading and questions, about 20 minutes per reading • Read the answers out from the key, or collect for me	p. 7
Health Notes Detective Quiet single · about 40 min Time ____ : ____ to ____ : ____	• Hand out both card sheets; pencils only • Students find the one false line on each note card, explain it and fix it • Read the key out at the end, or collect for me	p. 12
Practice Menu Quiet single · about 45 min Time ____ : ____ to ____ : ____	• Three sheets on the desk: A Secret Message, B Match It, C Sports Math • Students choose one, work alone in silence, swap it when done • Check against the keys on the script, or collect for me	p. 15
Partner Check Pairs · about 40 min Time ____ : ____ to ____ : ____	• Pairs: one Partner A sheet and one Partner B sheet • Both do row 1, then compare: the answers must match • Different answers? Find the slip together. The key is on the script	p. 19
The Intramural Schedule Pairs or threes · about 40 min Time ____ : ____ to ____ : ____	• Pairs or threes, one Part 1 sheet and one Part 2 sheet each • Part 1: a volleyball league's results and standings (keyed) • Part 2: next season's round robin, checked with the checklist	p. 22
PE Puzzle Tournament Teams · about 41 min Time ____ : ____ to ____ : ____	• Teams of 3 or 4, one puzzle sheet and one answer sheet per team • One round at a time, 1, 2 or 3 points per puzzle • Every answer is on the key. The key settles arguments	p. 25
The Mixed-Up Fitness Logs Team logic · about 40 min Time ____ : ____ to ____ : ____	• Teams of 3 or 4, one case file and one grid per team • Warm-up together on the board, then the case on their own • Teams hand in their slip; check it against the key and reveal	p. 28
Which Works Better? Stand-Off Whole class · about 40 min Time ____ : ____ to ____ : ____	• One sheet per student; everyone stays seated • Read a pair, 20-second guess, count hands, then 90 seconds to find the reason • One speaker per side, then read the answer from the key	p. 32
Whiteboard Quiz Game Whole class, teams · about 35 min Time ____ : ____ to ____ : ____	• Draw the 5 by 5 board (or tape up the board sheet), 3 to 5 teams • Teams take turns picking a category and value; you read the question • Right answer: points on the scoreboard. Optional, for the end of class	p. 34

Lesson plan, filled in



Puzzle Tournament Puzzles

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

PE Puzzle Tournament

Round 1: Scrambled Fitness Words — 1 point each

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

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

Round 2: Which Sport Is This? — 2 points each

Name the sport from its rules.

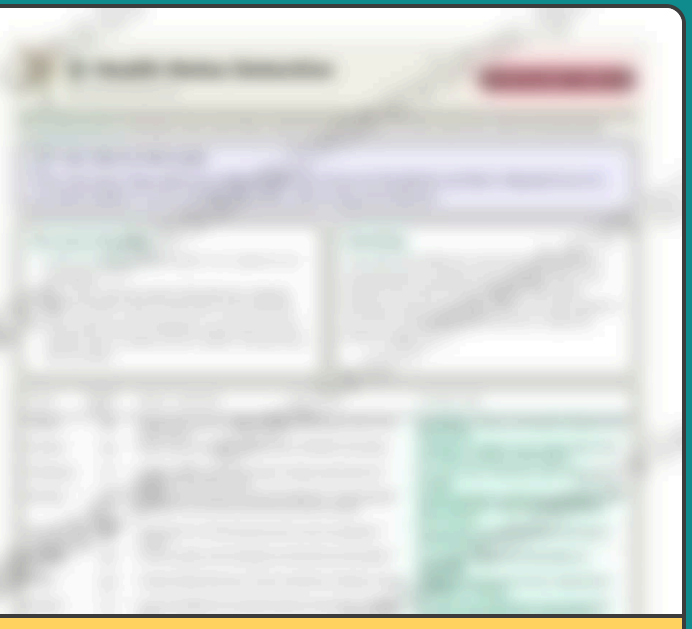
1. A rally ends when the ball touches the floor. Each team may touch the ball up to three times before it must cross to the other side, and a spike is a hard downward hit.
2. Players use solid paddles and a plastic ball full of holes. Nobody may hit the ball out of the air while standing in the no-volley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

Round 3: Two Meanings, One Word — 3 points each

One word fits both meanings. Write the word.

1. The room where a judge hears cases. In sports: the marked area where a game with a hoop or a racket is played.
2. How high or low a musical note sounds. In sports: to throw the ball to the batter.
3. To bring food to a table in a restaurant. In sports: the hit that starts each point in a racket game.
4. Very unpleasant, like a smell from old trash. In sports: a move that breaks the rules.
5. To steer a car down the road. In sports: a long, powerful hit, like the first shot from the tee

An activity page



Sub script and answer key



High School PE and Health Emergency Sub Binder

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

PREVIEW

What is included

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

How it works

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

The 9 activities, 35 to 45 minutes each

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

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



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- If an activity is not working, stop it and switch. Every activity can start at any point in the period.
- The games are optional: a fun way to end the class or to use extra time.

Which activity when?



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

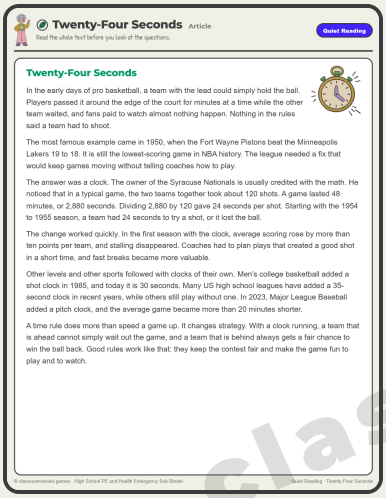
Before you leave

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

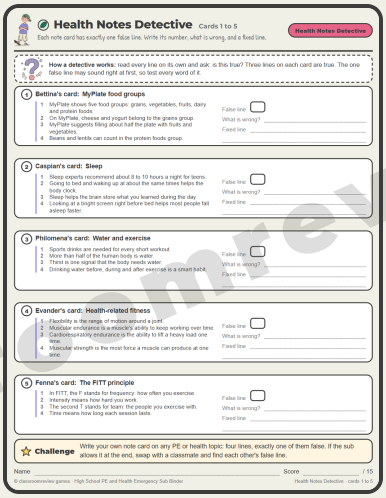
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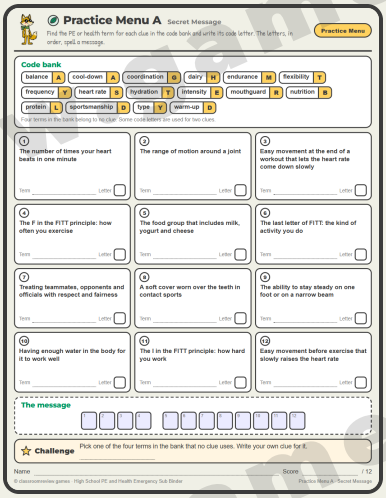
ONE PAGE OF EVERY ACTIVITY



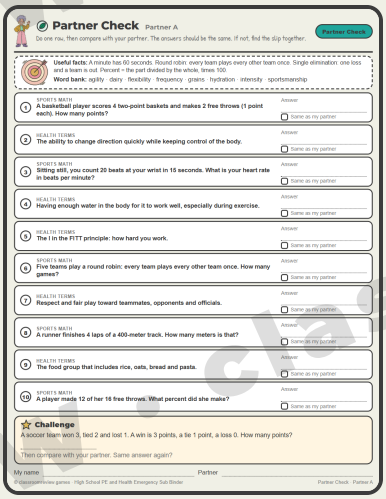
1. Quiet Reading, 45 min (solo)



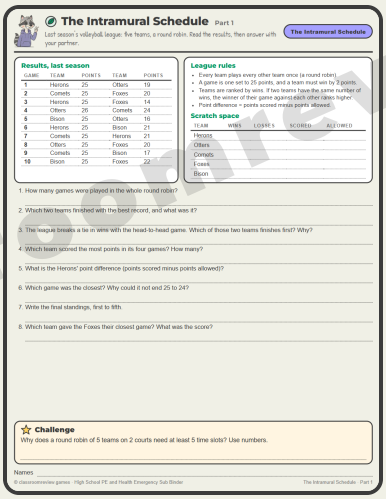
2. Health Notes Detective, 40 min (solo)



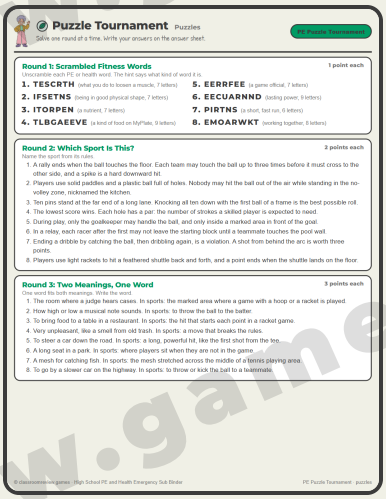
3. Practice Menu, 45 min (solo)



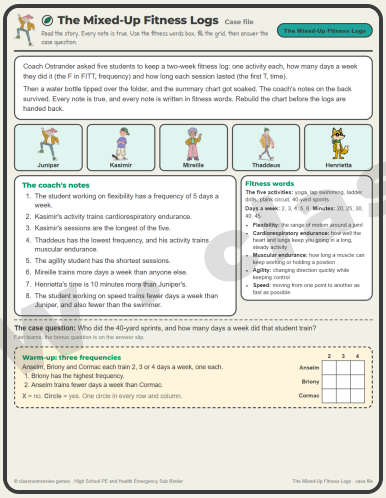
4. Partner Check, 40 min (pairs)



5. The Intramural Schedule, 40 min (pairs)



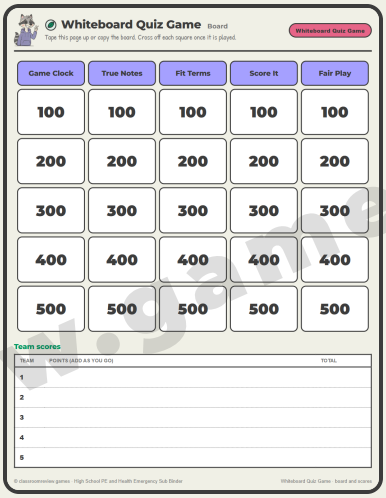
6. PE Puzzle Tournament, 41 min (teams)



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



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



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



Health Notes Detective

Cards 1 to 5

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

Health Notes Detective

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

1 Bettina's card: MyPlate food groups

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

False line ☐

What is wrong? .....

Fixed line .....

.....

2 Caspian's card: Sleep

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

False line ☐

What is wrong? .....

Fixed line .....

.....

3 Philomena's card: Water and exercise

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

False line ☐

What is wrong? .....

Fixed line .....

.....

4 Evander's card: Health-related fitness

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

False line ☐

What is wrong? .....

Fixed line .....

.....

5 Fenna's card: The FITT principle

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

False line ☐

What is wrong? .....

Fixed line .....

.....

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

Name ..... Score ..... / 15

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Puzzle Tournament

Puzzles

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

PE Puzzle Tournament

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1 point each

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

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