**Substitute Plans:**

**Grades 6-12**

Welcome to physical education! Thank you for working with our students today. I have included 5 activity options for you to choose from - please select a minimum of 2 activities to do during each class. Each activity plan includes a list of all equipment that is needed, how to set up the activity space (including a diagram), and an activity description that is scripted.

**Activity Options:**

Cone Catcher

RPS Victory Lap

Partner Flip the Hoop

Roundnet

Upside Down

**To Do List prior to classes beginning:**

* Review today’s class schedule and class rosters
* Review activity options and select activities for the day
* Gather equipment needed for the activities selected
* Locate first aid kit and ensure quick access if needed

The **Physical Education Substitute Binder** has all of the documents you may need to ensure a fun, engaging, and safe physical education class. Please review the policies and procedures for things like bathroom, water, and office or nurse visits. The following documents are included in the **Physical Education Substitute Binder**:

* Class schedules and class rosters
* Requirements for submitting attendance
* Students with health concerns (this information is CONFIDENTIAL)
* Procedures for the beginning/end of each class
* Physical Education rules and consequences
* Where physical education equipment is located
* What to do if a student gets hurt or needs to see the nurse
* Location of first aid kit (and list of items included in kit)
* Emergency procedures (e.g., injury, lockdown)
* Bathroom procedures and location
* Water procedures and location
* Emergency phone numbers for the school building (office, custodian, nurse, etc.)
* Where the adult bathroom and faculty lounge are located