

PE & HEALTH

NO-PREP SUB ACTIVITIES

Zero Equipment Required

5 Complete Stand-Alone Lessons

Fitness Journals • Nutrition Labels • Sports History • Mental Health • Wellness Plans
Instructions, Student Pages, Answer Keys & Extensions
Perfect Sub Plans • Print & Go

Grades 6 – 12

SUBSTITUTE TEACHER INSTRUCTIONS

Welcome! Thank you for stepping in today. This resource is completely no-prep and requires **zero physical education equipment**. Everything students need is included in their activity packets.

Activity Overview

Lesson	Topic	Type	Time Estimate
1	Fitness Goal-Setting	Reflection & Planning	30–40 min
2	Nutrition Label Analysis	Reading & Math	30–40 min
3	Sports History Reading	Reading Comprehension	30–40 min
4	Mental Health Quiz-Show	Group Review & Discussion	30–40 min
5	Personal Wellness Plan	Reflection & Writing	30–40 min

Instructions for the Day

1. **Choose Lessons:** Select which lessons you would like students to complete. They can be completed in any order.
2. **Distribute Worksheets:** Print and hand out the student pages for chosen lessons.
3. **Independent / Group Work:** Lessons 1, 2, 3, and 5 are best completed independently. Lesson 4 (Quiz-Show) may be done independently or in small groups if the class is well-behaved.
4. **Optional Review:** If time permits, use the Teacher Answer Keys to review answers as a class.
5. **Collect Work:** Collect all finished worksheets before the end of the period.

EARLY FINISHERS: Every lesson includes an Extension Challenge at the bottom of the page. Instruct early finishers to complete this challenge for extra credit or class participation points.

LESSON 1: FITNESS GOAL-SETTING JOURNAL

Name: _____ Date: _____ Class: _____

Directions: Setting goals helps us stay focused and motivated. Today, you will reflect on your current fitness habits and set a SMART goal for your future. Answer each prompt honestly and with detail.

Part 1: Current Fitness Reflection

What does physical fitness mean to you? Describe your current physical activity habits (e.g., sports you play, how often you walk, exercises you do).

Part 2: Setting a SMART Fitness Goal

A **SMART** goal is **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. Write a fitness goal that follows this format.

S — Specific	What exactly will you do? (e.g., run, do push-ups, stretch)	_____ —
M — Measurable	How will you track it? (e.g., 10 minutes a day, 3 times a week)	_____ —
A — Achievable	Is this realistic for your current fitness level? Why?	_____ —
R — Relevant	Why is this goal important to your health?	_____ —
T — Time-bound	When will you achieve this goal by? (e.g., in 4 weeks)	_____ —

My Complete SMART Goal:

Part 3: Overcoming Obstacles

What is one obstacle that might stop you from reaching your goal, and how will you overcome it?

♦ **Extension Challenge:** *On the back of this paper, create a 7-day fitness log. Write down what physical activity you plan to do for each day of the week to start working toward your SMART goal.*

TEACHER GUIDE: LESSON 1 — FITNESS GOAL-SETTING

Note: Because this is a reflective journal activity, student answers will vary. There are no strict right or wrong answers. Use the guide below to help students formulate strong, realistic goals.

Examples of Strong vs. Weak Goals:

	Weak Goal (Not SMART)	Strong Goal (SMART)
Example 1	I want to get fit.	I will be able to run 1 mile without stopping by the end of 4 weeks.
Example 2	I will do push-ups.	I will do 15 proper push-ups every morning before school, 5 days a week, for the next month.
Example 3	I want to drink more water.	I will drink 4 full water bottles every day this week by refilling at lunch and after school.

Suggested Grading Rubric (10 Points Total):

Criteria	Full Credit	Partial Credit	No Credit
Current Reflection	Detailed description of current habits (2 pts)	Vague or brief description (1 pt)	Blank or off-topic (0 pts)
SMART Goal Components	All 5 SMART letters addressed logically (4 pts)	Missing 1–2 SMART components (2 pts)	Goal is not SMART at all (0 pts)
Complete Goal Statement	Clear, complete sentence (2 pts)	Fragmented or unclear goal (1 pt)	Missing (0 pts)
Obstacles & Solutions	Realistic obstacle + logical solution (2 pts)	Obstacle or solution is unrealistic (1 pt)	Missing (0 pts)

LESSON 2: NUTRITION LABEL ANALYSIS

Name: _____ Date: _____ Class: _____

Directions: Understanding nutrition labels helps us make informed choices about what we eat. Examine the mock nutrition label below and answer the questions using math and reading comprehension skills.

Choco-Blast Cereal Nutrition Facts

Serving Size: 1 cup (40g)	Servings Per Container: 8
Amount Per Serving	
Calories: 180	Calories from Fat: 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Sodium 210mg	9%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 2g	
Vitamin A 0% Vitamin C 0%	Calcium 2% Iron 8%

1. How many calories are in ONE serving of Choco-Blast Cereal?

2. If you eat 2 cups for breakfast, how many total calories will you consume?

3. What percentage of your Daily Value of Sodium would you consume in 1 serving?

4. Does this cereal have a high, moderate, or low percentage of saturated fat per serving? Explain.

5. If there are 8 servings per container and each has 16g of sugar, what is the total sugar in the whole box?

♦ **Extension Challenge:** On the back of this paper, design a nutrition label for a healthy snack you would want to eat. Make sure it has less sugar and more fiber than the Choco-Blast cereal!