

UM Printables Presents

PE Sub Plans

No-Prep Activity Bundle

Grades 6–12

Fitness Bingo

30 Unique Cards

Sport History Reading

Comprehension Activities

Fitness Trivia

Knowledge Challenge

Yoga Flow Cards

Mindful Movement

Movement Journaling

Reflection & Writing

WHAT'S INCLUDED

- ✓ 10 Complete No-Prep PE Lessons (Instructions + Student Pages)
- ✓ Sub Instruction Card — Ready to Print & Post
- ✓ 30 Unique Fitness Bingo Cards
- ✓ Yoga Flow Poster — Visual Sequence Guide
- ✓ Full Answer Keys for All Assessable Content

Minimal Equipment Required • Print & Go!

Created by UM Printables

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Quick-reference guide for substitute teachers

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Perform exercises to complete your bingo card

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Read about the origins of basketball + comprehension

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Test health & fitness knowledge with trivia

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Follow guided yoga sequences for flexibility & calm

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Reflect on physical activity and wellness

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■ Lesson 9: Wellness Reflection & Goal Setting

Set meaningful fitness and wellness goals

■ Lesson 10: Movement & Mindfulness Review

Capstone review combining movement & reflection

RESOURCE MATERIALS

■ 30 Fitness Bingo Cards

Individual cards for class sets — print as needed

■ Yoga Flow Poster

Visual sequence guide for classroom display

■ Answer Keys

Complete answer keys for all assessable content

SUB INSTRUCTION CARD

Quick-Reference Guide for Substitute Teachers

IMPORTANT

These lessons require NO special PE equipment. All activities can be completed in a gym, classroom, or outdoor space. Simply print and go!

BEFORE THE LESSON

1. Select a lesson from the bundle (Lessons 1–10). Each is designed to fill a standard class period (40–60 min).
2. Print the corresponding student activity page — one copy per student.
3. For Fitness Bingo lessons: print enough bingo cards for the class (or have students share in pairs).
4. For Yoga Flow: display the Yoga Flow Poster where all students can see it, or print copies.
5. Review the lesson instructions on the teacher page before class begins.

DURING THE LESSON

1. Introduce the activity using the lesson overview provided on each lesson's instruction page.
2. Circulate and monitor student participation. Encourage effort over performance.
3. For movement activities: ensure safety by clearing space and reminding students of boundaries.
4. For written activities: allow students to work independently or in pairs as indicated.
5. Use the provided discussion questions to deepen engagement when time permits.

AFTER THE LESSON

1. Collect student activity pages for the regular teacher to review.
2. Leave a brief note for the teacher about how the lesson went and student participation.
3. Return any printed materials to the teacher's desk or substitute folder.

Sub Instruction Card — Quick Reference

#	Lesson Title	Type	Time	Equipment
1	Fitness Bingo	Movement	40–50 min	Bingo cards
2	Sport History: Basketball	Reading	40–50 min	None
3	Fitness Trivia Challenge	Trivia	40–50 min	None
4	Yoga Flow Practice	Movement	40–50 min	Yoga poster
5	Movement Journaling	Writing	40–50 min	None
6	Fitness Bingo: Partner	Movement	40–50 min	Bingo cards
7	Sport History: Soccer	Reading	40–50 min	None
8	Fitness Challenge Stations	Movement	40–50 min	None
9	Wellness & Goal Setting	Writing	40–50 min	None
10	Movement & Mindfulness	Combined	40–50 min	None

SAFETY REMINDERS

- Ensure students have adequate space for movement activities (arm's length apart minimum).
- Students should wear appropriate footwear for all movement-based lessons.
- Allow water breaks every 10–15 minutes during active lessons.
- Modify exercises for students with injuries or limitations — alternatives are noted in each lesson.
- If a student feels dizzy, short of breath, or unwell, they should stop immediately and rest.
- For yoga: emphasize students should never push past discomfort.

ADAPTATION TIP

All lessons include modification suggestions. For students who need seated alternatives, refer to the 'Modifications' section on each lesson's instruction page. Pair students of different abilities together to promote inclusivity and collaborative learning.

LESSON OVERVIEW

Students each receive a unique Fitness Bingo card with a 5×5 grid of exercises. The teacher (or student caller) randomly selects exercises from the call list. Students perform the called exercise, then mark the matching square on their card. First to complete a full row, column, or diagonal calls “BINGO!” Play multiple rounds.

SHAPE America Standards Addressed

Standard 3 • Standard 4 • Standard 5

MATERIALS NEEDED

- One Fitness Bingo card per student (from the 30 cards provided in this resource)
- Pen or pencil for each student
- Call list below — cut into slips and draw from a container, or read aloud from the list

STEP-BY-STEP PROCEDURE

- 1 Warm-Up (5 min):** Lead light stretching — arm circles, leg swings, neck rolls. Explain that today's lesson is Fitness Bingo, a fun way to get moving and stay active.
- 2 Introduction (3 min):** Distribute bingo cards. Explain rules: when an exercise is called, perform it, then mark the square. Complete a row, column, or diagonal to win.
- 3 Game Play — Round 1 (15 min):** Draw exercises one at a time. After each call, give students 30 seconds to perform the exercise and mark their card. Verify the winner's card.
- 4 Game Play — Round 2 (10 min):** New round with a different winning pattern (four corners, X-pattern, or blackout). Students get new cards or reuse and reset.
- 5 Cool-Down & Reflection (5 min):** Gentle stretching. Ask: Which exercises were most challenging? Which felt easiest? How does your body feel now vs. the start of class?

MODIFICATIONS & DIFFERENTIATION

- **Seated Option:** Seated versions of all exercises (seated jumping jacks, seated march, etc.).
- **Reduced Reps:** Allow students to halve the number of repetitions if needed.
- **Partner Play:** Pair students to share a card and complete exercises together.
- **Advanced:** Winners must perform all exercises in their winning line to verify the bingo.

Lesson 1: Fitness Bingo

Student Activity Page

HOW TO PLAY

1. Your teacher will give you a Fitness Bingo card.
2. When an exercise is called, perform it with good form, then mark the square with an X.
3. First to complete a full row, column, or diagonal calls BINGO!

Before You Play

Write a goal for today's session. Example: "I will try every exercise, even the ones that are hard for me."

How are you feeling right now? Circle one: Energized / Tired / Okay / Stressed

After You Play — Reflection

1. Which exercise was the most challenging for you? Why?

2. Which exercise felt the easiest? Why?

3. Did you discover any new exercises today? Which ones?

4. How does your body feel now compared to the start of class?

5. What is one exercise from today that you would add to your regular fitness routine?

Your teacher will provide your Fitness Bingo card.

LESSON OVERVIEW

Students read an informational text about the history and global impact of soccer (football), from ancient kicking games to the modern FIFA World Cup. After reading, students answer comprehension and critical thinking questions. This lesson integrates literacy with physical education and global awareness.

SHAPE America Standards Addressed

Standard 2 • Standard 3 • Standard 5

MATERIALS NEEDED

- One copy of the student reading passage and question page per student
- Pen or pencil for each student

STEP-BY-STEP PROCEDURE

- 1 Introduction (5 min):** Ask: How many of you have played or watched soccer? Why do you think it's called "the world's game"? Explain they'll learn how soccer evolved from ancient times to become the most popular sport on Earth.
- 2 Silent Reading (12–15 min):** Distribute the reading passage. Students read independently. Encourage them to underline or highlight key dates, names, and events as they read.
- 3 Comprehension Questions (15 min):** Students answer questions on the student page. Remind them to use evidence from the text and write in complete sentences.
- 4 Discussion (8 min):** Review answers as a class. Extension discussion: Why do you think soccer spread so much faster globally than American football or baseball?
- 5 Closure (2 min):** Collect student pages. Reinforce that understanding sport history helps us appreciate the cultural significance of the games we play.

MODIFICATIONS & DIFFERENTIATION

- **Reading Support:** Pair struggling readers with a partner for shared reading.
- **Scaffolded Questions:** Allow verbal responses instead of written for students who need it.
- **Extension:** Advanced students research the history of the FIFA Women's World Cup and write a short summary.

Lesson 7: Sport History: Soccer

Student Activity Page

The Global Game: The History of Soccer

While the modern game of soccer (known as football in most of the world) was formalized in England, its roots stretch back thousands of years. One of the earliest forms of the game was called “Cuju,” played in China during the Han Dynasty (206 BC – 220 AD). Cuju involved kicking a leather ball through a small opening in a piece of silk cloth stretched between two poles. Similar kicking games existed in ancient Greece, Rome, and among indigenous cultures in the Americas.

For centuries, various forms of folk football were played in England, often involving entire villages and very few rules. These games were chaotic, sometimes violent, and frequently damaged property. By the mid-19th century, as schools sought to organize physical education, there was a push to standardize the rules. In 1863, the Football Association (FA) was founded in London. They established a unified set of rules that explicitly banned carrying the ball with the hands. This crucial decision separated soccer from rugby, creating two distinct sports.

Soccer’s popularity quickly spread beyond England, carried by British sailors, traders, and engineers to ports and cities around the world. In 1904, the Fédération Internationale de Football Association (FIFA) was founded in Paris to oversee international competition. The first FIFA World Cup was held in Uruguay in 1930, and it has since become the most widely viewed sporting event in the world.

Today, soccer is played by an estimated 250 million people in over 200 countries. Its simplicity—requiring only a ball and open space—has made it accessible across all cultures and socioeconomic backgrounds, truly earning it the title of “the world’s game.”

Comprehension Questions

1. What was “Cuju,” and where was it played?

2. Describe what folk football looked like in England before 1863.

3. What critical rule change did the Football Association make in 1863, and what was the result?

4. How did soccer spread from England to the rest of the world?

5. Based on the text, why is soccer so popular globally? Provide at least two reasons.

6. Reflect: What is one thing about soccer’s history that you found interesting or surprising?

Card #1

B	I	N	G	O
10 Arm Circles	5 Push-ups	5 Diamond Push-ups	5 Mountain Climbers	5 Wall Push-ups
10 Lunges	10 Neck Rolls	15-Sec Plank	10 Windmills	5 Inchworms
5 Bear Crawls	10 Squats	FREE	10 Leg Swings	15-Sec Wall Sit
10 Finger Stretches	10 Jumping Jacks	10 Side Steps	10 High Knees	5 Superman Holds
10 Ankle Circles	5 Sit-ups	10 Hip Circles	5 Tricep Dips	10 Butt Kicks

Card #2

B	I	N	G	O
5 Wall Push-ups	5 Pike Push-ups	10 Toe Touches	5 Inchworms	10 Leg Swings
5 Sit-ups	10 Side Steps	10 Hip Circles	10 Jumping Jacks	5 Frog Jumps
5 Burpees	5 Star Jumps	FREE	15-Sec Wall Sit	10 Butt Kicks
10 Skater Jumps	10 Lunges	10 High Knees	10 Windmills	15-Sec Plank
10 Squats	5 Superman Holds	5 Push-ups	10 March in Place	10 Side Bends

Card #3

B	I	N	G	O
10 Shoulder Shrugs	10 Squats	10 Skater Jumps	10 Arm Circles	5 Bear Crawls
10 Side Bends	10 Finger Stretches	5 Diamond Push-ups	10 Calf Raises	5 Tuck Jumps
10 Ankle Circles	5 Tricep Dips	FREE	10 Leg Swings	10 High Knees
5 Inchworms	5 Push-ups	10 March in Place	5 Pike Push-ups	10 Side Steps
5 Star Jumps	15-Sec Wall Sit	5 Frog Jumps	10 Windmills	10 Lunges

Card #4

B	I	N	G	O
10 Skater Jumps	10 Neck Rolls	10 Butt Kicks	10 Finger Stretches	5 Tricep Dips
10 High Knees	10 Windmills	5 Sit-ups	5 Star Jumps	5 Inchworms
5 Tuck Jumps	10 Squats	FREE	10 Ankle Circles	5 Frog Jumps
5 Burpees	5 Diamond Push-ups	10 Arm Circles	10 Side Steps	10 Toe Touches
10 Side Bends	10 Lunges	5 Bear Crawls	5 Superman Holds	10 Hip Circles

YOGA FLOW SEQUENCE

1. Mountain Pose

Stand tall, feet hip-width apart, arms by sides. Ground down and reach up.

2. Upward Salute

Inhale, sweep arms overhead. Lengthen your spine and reach for the sky.

3. Forward Fold

Exhale, hinge at hips. Let your upper body hang. Bend knees slightly if needed.

4. Plank Pose

Step back to high push-up. Body straight from head to heels. Engage core.

5. Cobra Pose

Lower to belly. Inhale, lift chest. Keep elbows slightly bent and shoulders back.

6. Downward Dog

Exhale, lift hips up and back. Form an inverted V. Press heels toward floor.

7. Warrior I (R/L)

Step right foot forward, knee bent. Back foot angled. Arms overhead. Switch sides.

8. Warrior II (R/L)

Open hips to side. Extend arms parallel. Gaze over front hand. Switch sides.

9. Tree Pose (R/L)

Stand on one leg. Foot on inner ankle, calf, or thigh (not knee). Hands at heart. Switch.

10. Child's Pose

Kneel, sit on heels. Fold forward, forehead to floor. Arms extended or by sides. Rest.

REMEMBER: Box Breathing — Inhale 4 seconds, Hold 4 seconds, Exhale 4 seconds, Hold 4 seconds.

ANSWER KEYS

Lesson 2: Sport History — Basketball

1. Dr. James Naismith; he worked at the International YMCA Training School in Springfield, Massachusetts.
2. He was trying to find an engaging, active, and safe indoor game for restless students during the harsh New England winter.
3. Peach baskets were used because the janitor didn't have boxes. The inconvenience was that someone had to climb a ladder to retrieve the ball after every goal.
4. Original game: 9 players per team, no dribbling (only passing), used a soccer ball, play stopped to retrieve ball. Modern game: 5 players per team, dribbling is allowed, specialized basketball, open-bottom hoops.
5. It spread rapidly through the YMCA network across the country and around the world. It was also highly accessible, requiring minimal equipment. (Accept reasonable evidence from text).
6. Reflection — Answers will vary.

Lesson 3: Fitness Trivia Challenge

Round 1: 1. 206 2. Gluteus Maximus 3. Vitamin D 4. Body Mass Index 5. Four

Round 2: 6. 60 minutes 7. Quadriceps (also accept Glutes/Hamstrings) 8. Carbohydrates (Glycogen) 9. Frequency, Intensity, Time, Type 10. Cardiovascular (Aerobic) exercise

Round 3: 11. Tendon 12. VO2 Max

Tie-Breaker: Approximately 60–100 BPM (accept answers within this range).

Lesson 7: Sport History — Soccer

1. Cuju was an ancient kicking game played in China during the Han Dynasty, involving kicking a leather ball through a silk opening.
2. Folk football in England was chaotic, sometimes violent, often damaged property, and involved entire villages with very few rules.
3. In 1863, the Football Association banned carrying the ball with the hands. This separated soccer from rugby, creating two distinct sports.
4. Soccer spread beyond England through British sailors, traders, and engineers who carried the game to ports and cities around the world.
5. Its simplicity—requiring only a ball and open space—has made it accessible across all cultures and socioeconomic backgrounds. (Accept reasonable evidence from text).
6. Reflection — Answers will vary.

Thank You!

for downloading this resource!

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