

PHYSICAL EDUCATION

K-5

Emergency Sub Plans

5 complete days any substitute can run, with no PE background needed.



WHAT'S INCLUDED

- 5 full-day plans with K-2 and 3-5 versions
- Fill-in substitute information page
- Stop signal, rules, and backup plan
- Sub feedback form
- Minimal equipment: cones, spots, bean bags, foam balls

Your Store Name

Substitute Information

Fill this page in once and keep it with the plans. Read the rules aloud at the start of every class.

Teacher name

Room / gym location

Office extension

Nurse extension

Fire drill exit

Equipment location

Students with medical or
behavior notes

Helpful students

Class routines

STOP SIGNAL

Blow the whistle or raise a hand and say **"Freeze!"** Students stop, put hands on knees, and look at you. Practice it 3 times at the start of class.

RULES TO READ ALOUD

1. Safe bodies. 2. Listen at the signal. 3. Be kind. 4. Help put equipment away.

IF THINGS GET OFF TRACK

Stop the game and have everyone sit. Restart with a simpler game from these plans, or play Simon Says until the class is calm.

SUB PLAN • DAY 1

Tag Games

Equipment: cones, poly spots, bean bags, foam balls, music



Warm-Up 5 minutes	Walk, jog, skip, and gallop around the gym, changing when you call it.
Grades K–2 20 minutes	Red Light, Green Light; then Freeze Tag with 2 taggers holding foam noodles. Change taggers every 2 minutes.
Grades 3–5 20 minutes	Everybody's It tag (tagged students do 5 jumping jacks, then rejoin); then Sharks and Minnows.
Cool-Down 5 minutes	Slow walk, 3 stretches, and one question: "What does safe tagging look like?"

SUB TIP

Start every class with the stop signal practice. If a game is not working after 2 minutes, stop it and move to the next one.

NOTES FOR THE TEACHER

SUB PLAN • DAY 2

Bean Bag Challenges

Equipment: cones, poly spots, bean bags, foam balls, music



Warm-Up 5 minutes	Each student balances a bean bag on their head, shoulder, and hand while walking.
Grades K–2 20 minutes	Toss bean bags into hoops at 3 distances. Bean Bag Freeze: walk with it on your head; if it falls, freeze until a friend puts it back.
Grades 3–5 20 minutes	Partner toss-and-catch, taking a step back after each catch. Team relay: carry the bean bag on your head to a cone and back.
Cool-Down 5 minutes	Collect bean bags by color, stretch, and share a favorite game.

SUB TIP

Start every class with the stop signal practice. If a game is not working after 2 minutes, stop it and move to the next one.

NOTES FOR THE TEACHER

SUB PLAN • DAY 3

Fitness Stations

Equipment: cones, poly spots, bean bags, foam balls, music



Warm-Up 5 minutes	Jumping jacks, arm circles, and high knees (10 each). Set out Station Cards 1–6 at 6 cones.
Grades K–2 20 minutes	Groups of 4 rotate every 2 minutes. Play music and switch when it stops.
Grades 3–5 20 minutes	Groups rotate every 90 seconds for 2 rounds, trying the harder version on round 2.
Cool-Down 5 minutes	Pulse check and stretch.

SUB TIP

Start every class with the stop signal practice. If a game is not working after 2 minutes, stop it and move to the next one.

NOTES FOR THE TEACHER
