Amorillo Emergency Sub Plans 2018/19

Thank you for covering my classes if any one or group of students need you extra attention please take down there name and I will give them their consequences. There is a map attached to help you marked my classes and when you will be there. Don't hesitate to ask any of the staff. Ms Morales, Ms. Beasley, will be in the Girls Locker room with you and Mr. Clancy is the Primary Physical Education teacher that can also help you. Please send down attendance at the beginning of each Period. At the end of the day if you could leave me a brief summary of the classes behavior any students that needed EXTRA ATTENTION I would appreciate it.

SCHEDULE:

Period 1 7:30-8:38 : Prep set up for classes (up in PE area Mr. Stone and Mrs. Hensen can help you all the stuff is ready to go just needs to be brought out.
Per. 2 8:43-9:53 : **7th Grade Physical Education**
Per. 3 9:51-10:56: **7th Grade Physical Education**
LUNCH 11:06- 11:36 Lunch
Per 4 : 11:39- 12:49 **Physical Education 6th grade**
Per. 5 12:52- 2:02 **7th Grade Physical Education**
REACH 2:05 - 2:50 REACH

LESSONS:
Period 2: 7th Grade Physical Education:
In order for students to participate in activity they must complete workout. We work as a class so have the students count out loud they love this and it pumps them up!

2 sets of 12 push ups ask students to choose their level (say down up and students will call out number)
2 sets of 20 lunges (call out # and students will join)
2 sets of 15 reps squats (call out # and students will join)
2 laps around roll call.

After exercises students can get water and then participate in **Medic**
Students are divided into two teams you can pick two captains or choose teams yourself. Teams will begin the game on opposite sides of the tennis court. Before the round starts each team should have a team member tell you who their medic is.
RULES: Player throws a medic ball at hits opposing team player below the shoulders the person hit needs to sit down in that exact spot and is now out of the game. They are able to re enter the game when their Medic taps them on the shoulder or tags them. The medic is the only player that has the power to save teammates and bring them back into the game. If a player catches the ball that is thrown at them the player who threw the ball is out and needs to sit where they threw the ball. The game ends when one team eliminates the medic or the entire

team. After round ends students should go back against fence on their side of the court and choose a new medic.

Period 3: 7th Grade Physical Education:
In order for students to participate in activity they must complete workout. We work as a class so have the students count out loud they love this and it pumps them up!

2 sets of 12 push ups ask students to choose their level (say down up and students will call out number)
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Period 4: 6th Grade Physical Education:
In order for students to participate in activity they must complete workout. We work as a class so have the students count out loud they love this and it pumps them up!

2 sets of 12 push ups ask students to choose their level (say down up and students will call out number)
2 sets of 20 lunges (call out # and students will join)
2 sets of 15 reps squats (call out # and students will join)
2 laps around roll call.

After exercises students can get water and then participate in **Medic**
Students are divided into two teams you can pick two captains or choose teams yourself. Teams will begin the game on opposite sides of the tennis court. Before the round starts each team should have a team member tell you who their medic is.

RULES: Player throws a medic ball at hits opposing team player below the shoulders the person hit needs to sit down in that exact spot and is now out of the game. They are able to re enter the game when their Medic taps them on the shoulder or tags them. The medic is the only player that has the power to save teammates and bring them back into the game. If a player catches the ball that is thrown at them the player who threw the ball is out and needs to sit where they threw the ball. The game ends when one team eliminates the medic or the entire team. After round ends students should go back against fence on their side of the court and choose a new medic.

Period 5: 7th Grade Physical Education:
In order for students to participate in activity they must complete workout. We work as a class so have the students count out loud they love this and it pumps them up!

2 sets of 12 push ups ask students to choose their level (say down up and students will call out number)
2 sets of 20 lunges (call out # and students will join)
2 sets of 15 reps squats (call out # and students will join)
2 laps around roll call.

After exercises students can get water and then participate in **Medic**
Students are divided into two teams you can pick two captains or choose teams yourself. Teams will begin the game on opposite sides of the tennis court. Before the round starts each team should have a team member tell you who their medic is.
RULES: Player throws a medic ball at hits opposing team player below the shoulders the person hit needs to sit down in that exact spot and is now out of the game. They are able to re enter the game when their Medic taps them on the shoulder or tags them. The medic is the only player that has the power to save teammates and bring them back into the game. If a player catches the ball that is thrown at them the player who threw the ball is out and needs to sit where they threw the ball. The game ends when one team eliminates the medic or the entire team. After round ends students should go back against fence on their side of the court and choose a new medic.

REACH 2:05 - 2:50
RM ?
Meet students outside of classroom, they should be lined up quietly in a single file line before they enter the room.

After students enter the room and take out their computer and supplies have them place their backpacks in the designated area for their table group.

Students will be working independently on the **KLA WAY OF THE WEEK** activity from the **WEEKLY Bulletin**

At 2:43 begin to have students clean up and pack up to get ready for dismissal. Invite students to get their backpack by table groups. After they are packed up they should stack their chair and stand quietly until you ask them to line up outside. Once all students are lined up outside quietly you may escort them down to the front of the school (GATES OF WISDOM) If students are talking and out of line stop the line and please address them. The class will only be dismissed when the line is in single file and quiet.

Thanks so much for covering my class! I you have any questions don't hesitate to ask any of the staff. Thanks again. If you could leave me a little note on my classes behavior each day it would be much appreciated.