

# Middle & High School Sub Plan Preview



Thanks  
for  
previewing!





# Health Education Today



## WHY CHOOSE HEALTH EDUCATION TODAY?

### Skills

- To help your teens acquire skills and wisdom to be above unhealthy influences.

### Content

- To have relevant, inspiring, standards-based and medically accurate lessons.

### Ease of Use

- For an editable program where you can choose to print or work online; using step-by-step directions and PowerPoints for visual student lessons!

**National Board-Certified Teachers  
with Masters of Education Degrees  
and 60+ years of experience** teaching  
K-12 PE & Health, with collegiate  
athletic and coaching experience!

Experience  
is the best  
teacher!

Created by  
Master Teachers!



A family of  
educators,  
for educators.

# Real Teachers' Reviews Endorse this Program:

- ❖ *"A lifesaver!" "Awesome!" "Engaging."*
- ❖ *"It is so nice to know that they will be accomplishing something meaningful when I am out."*
- ❖ *"My grade sevens were talking and sharing. Loved it!"*
- ❖ *"This gives a contemporary new twist which will be interesting to my students."*
- ❖ *"Students looked forward to reading the authentic real world experiences in the articles. Thanks so much!"*

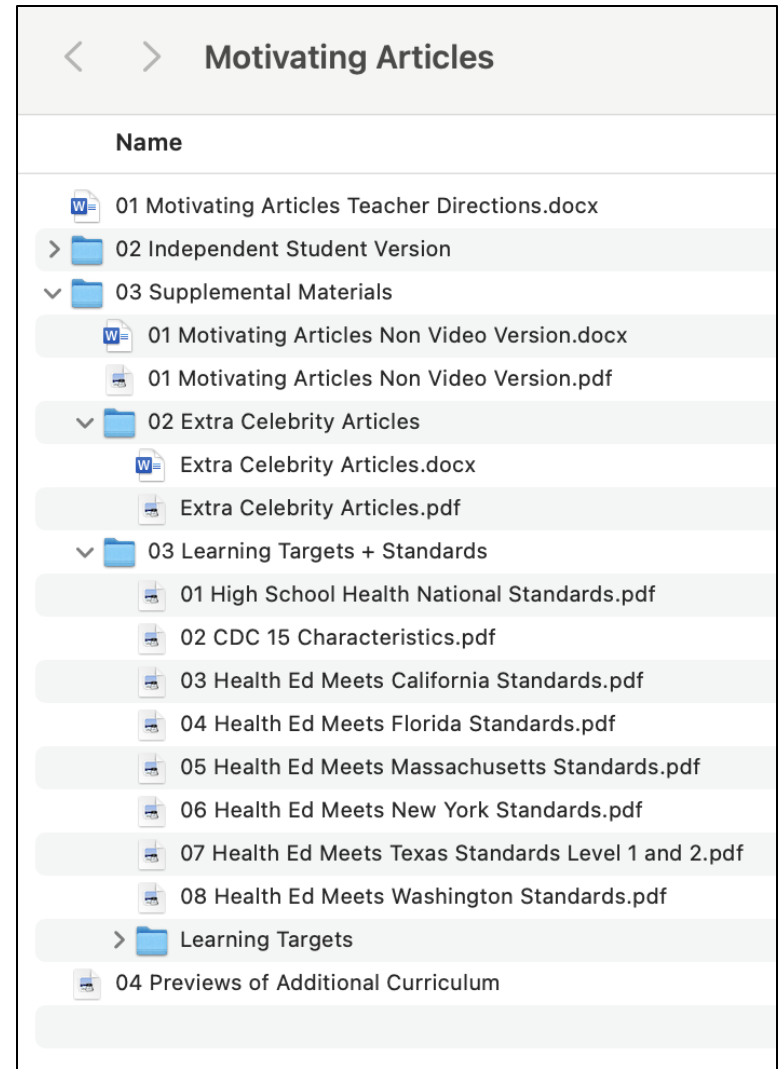
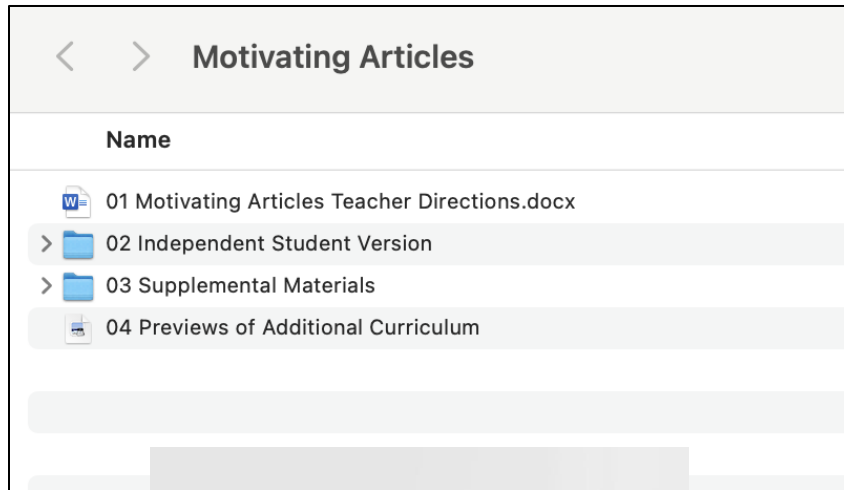


# **PRINT & ONLINE.**

GOOGLE + MICROSOFT + ADOBE +  
YOUTUBE + MORE!



# File Organization:



# This Program Meets 5 of 20 Common Core Standards For Health:

## Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects | ELA College and Career Anchor Standards

<https://learning.ccsso.org/common-core-state-standards-initiative>



Writing Grades 9/10		ELA College and Career Anchor Standards for Writing
1	Write arguments focused on discipline-specific content.	Write arguments to support claims in an analysis of substantive topics or texts using valid reasoning and relevant and sufficient evidence.

Reading Grades 9/10		ELA College and Career Anchor Standards for Reading
1	Cite specific textual evidence to support analysis of science and technical texts, attending to the precise details of explanations or descriptions.	Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.
2	Determine the central ideas or conclusions of a text; trace the text's explanation or depiction of a complex process, phenomenon, or concept; provide an accurate summary of the text.	Determine central ideas or themes of a text and analyze their development; summarize the key supporting details and ideas.
3	Follow precisely a complex multistep procedure when carrying out experiments, taking measurements, or performing experiments.	Analyze how and why individuals, events, or ideas develop and interact over the course of a text.

3 Incorporate narrative elements of arguments and informative/explanatory texts. *Note: Students' narrative skills continue through grades 9-10. The Standards require that students incorporate narrative elements effectively in their analyses of individuals or events in science and technical subjects, students use precise enough descriptions of the steps they use in their investigations or technical processes that they can replicate them and (possibly) read them.*

ELA College and Career Readiness Speaking and Listening Standards	
1	Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.
2	Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.
3	Evaluate a speaker's point of view, reasoning, and use of evidence and rhetoric.
4	Present information, findings, and supporting evidence such that listeners can follow the line of reasoning and the organization, development, and style are appropriate to task, purpose, and audience.
5	Make strategic use of digital media and visual displays of data to express information and enhance understanding of presentations.
6	Adapt speech to a variety of contexts and communicative tasks, demonstrating command of formal English when indicated or appropriate.

# Standards-Based:

## In Class Version: Overcoming Articles

**Washington State Middle and High School Standards**



**Common Core Standards**



**Content Learning Target**



<b>WA State 8<sup>th</sup> Grade Standards Met:</b>		<b>My State Standards Met:</b>
<ul style="list-style-type: none"> <li>-Analyze interrelationships of personal dimensions of health. H1.W1.8</li> <li>-Explain how bystanders can help prevent, reduce, and avoid violence. H1.Sa3.8b</li> <li>-Demonstrate communication skills to enhance health and avoid or reduce health risks. H4.W5.8</li> <li>-Demonstrate ways to manage or resolve interpersonal conflict. H4.So4.8</li> <li>-Describe possible consequences of harassment, intimidation, and bullying. H1.So5.8a</li> <li>-Advocate for a bully - free school and community environment. H8.So5.8</li> </ul>		
<b>WA State High School Standards Met:</b>		
<ul style="list-style-type: none"> <li>-Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS</li> <li>-Advocate for ways to manage or resolve interpersonal conflict. H8.So4.HS</li> <li>-Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.So4.HS</li> <li>-Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS</li> <li>-Demonstrate effective communication skills to express emotions. H4.So4.HS</li> </ul>		
<b>National (By 8<sup>th</sup> Grade) Standards Met:</b> 1, 2, 4, 5, 7, 8		
<b>National High School Standards Met:</b> 1.12.1, 1.12.3, 1.12.4, 1.12.5, 1.12.7, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.7, 6.12.1, 7.12.1, 7.12.2, 7.12.3, 8.12.1		
<b>Common Core Standards Met: Reading 1, 2, 8 / Writing 4, 6</b>		
<b>Materials Needed:</b>		
<b>Packet</b>	-"Empathy/Violence Packet"	-They should have this from Day 1
<b>Printed Materials</b>	-"Overcoming Articles Worksheet" and "Overcoming Articles"  -Article Reflection -"Celebrity Homework"	- Print 1 worksheet for each student. - Print about 7 class sets of articles -Print 1 for each student -Print 1 for each student
<b>Optional:</b>		
<b>Video Learning Target</b>	Content: I will learn how people overcome hardships.	Behavioral: I will work on overcoming my hardships.
<b>Assessment</b>	"Overcoming Articles Worksheet" will be turned in and graded. "Overcoming Celebrity Homework" will be turned in and graded. Optional: "Overcoming Hardships Reflections" can be turned in and graded. Optional: "Motivating Art Posters" and/or "Mahatma Gandhi Poster" can be turned in and graded.	

**Your Own State Standards**



**National Health Standards**



**Materials Needed**



**Behavioral Learning Target**



**Optional: Lesson Assessment**



# Step-by-step Teacher Directions



**Your Lesson Planning is Done!**

# Step-by-step Teacher Directions:

## Health Education Today: "Motivating Articles" Activity Standards

<p><b>WA State 8<sup>th</sup> Grade Standards Met:</b>          -Analyze interrelationships of personal dimensions of health. H1.W1.8          -Explain how bystanders can help prevent, reduce, and avoid violence. H1.Sa3.8b          -Demonstrate communication skills to enhance health and avoid or reduce health risks. H4.W5.8          -Demonstrate ways to manage or resolve interpersonal conflict. H4.Sa4.8          -Describe possible consequences of harassment, intimidation, and bullying. H1.Sa5.8a          -Advocate for a bully - free school and community environment. H8.Sa5.8</p>		<p><b>My State Standards Met:</b></p>
<p><b>WA State High School Standards Met:</b>          -Analyze personal dimensions of health and design a plan to balance health. H1.W1.HS          -Advocate for ways to manage or resolve interpersonal conflict. H8.Sa4.HS          -Summarize strategies for coping with difficult emotions, including defense mechanisms. H1.Sa4.HS          -Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. H4.W5.HS          -Demonstrate effective communication skills to express emotions. H4.Sa4.HS</p>		
<p><b>National (By 8<sup>th</sup> Grade) Standards Met:</b> 1, 2, 4, 5, 7, 8</p>		
<p><b>National High School Standards Met:</b> 1, 2, 5, 7, 8</p>		
<p><b>Common Core Standards Met:</b> <a href="#">Reading</a> 1, 2, 8 / <a href="#">Writing</a> 4, 6</p>		
<p><b>Optional:</b></p>		
<p><b>Learning Target</b></p>	<p>Content: I will learn how people overcome hardships.</p>	<p>Behavioral: I will work on overcoming my hardships.</p>

### Here Are a Few Ways to Use This Lesson:

This lesson can be taught by a substitute teacher, taught by you—the teacher, or completed by students on their own. It can be done entirely online or used in the classroom.

- 1) Leave This Easy-to-Teach "Sub Plan/Student Lesson" [for a substitute teacher](#)

### Sub Plan/Student Lesson:

[\[Return to Top\]](#)

#### 1) "Overcoming Hardships Worksheet"

If not using the worksheet online and the teacher has not printed it, print **Side 2 only**—one sheet per student. Side 2 starts with "Ariana Grande."

- **OR, access the worksheet online:**  
[.....](#)

Name:	What did you learn from this article?	How did they overcome it?	One good lesson you learned from this person.
Ariana Grande			
Henry Cavill			
Michelle Obama			
Stephen Gills			

#### 2) "Overcoming Hardships Articles"

If not using the articles online and the teacher has not printed them, print from "Henry William Dalglish Cavill" through to the end.

- This will be **14 celebrities**—each student should have one article.
- Example: If you have **28 students**, print **2 sets of the 14 celebrity articles**.
- **OR, if using online**, there are **25 total celebrities**, and here is the online PDF link: [Overcoming Hardships Articles](#)



#### 3) Student Reading Instructions:

Each student should have **one article**. Tell students it's OK to skim while looking for:

- **What the person is famous for.**
- **Two hardships the person faced.**
- **How the person overcame and positively dealt with hardships.**
- **Something positive they can learn from this person's experiences.**

#### 4) Reading & Worksheet Process:

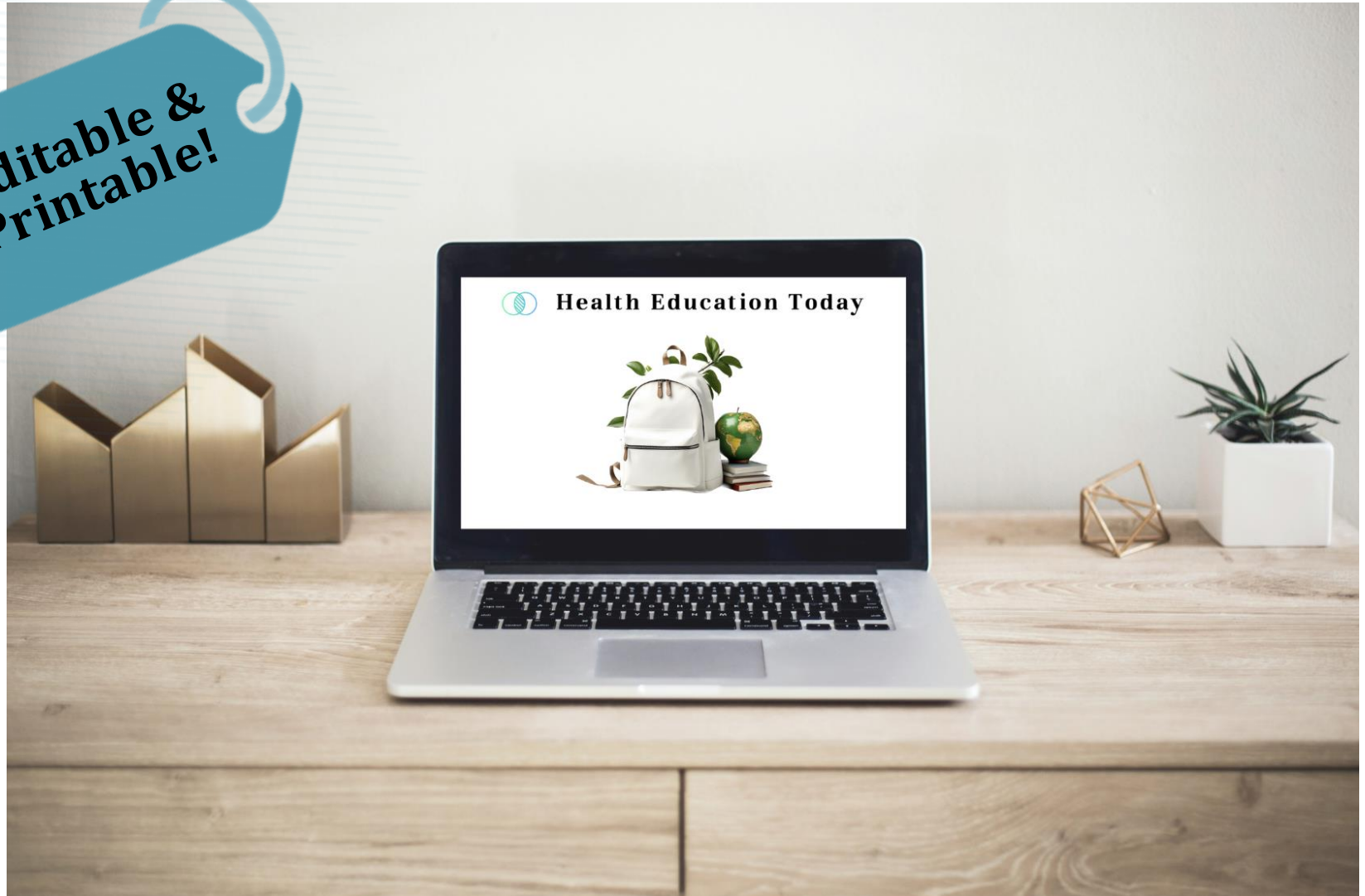
- After reading **one article**, or if the teacher gives a time limit (e.g., **3 minutes**, optionally with soft background music), **STOP**.
- Spend **1 to 2 minutes** filling out the "Overcoming Hardships Worksheet."
- Each article should take **about 5 minutes** in total.
- Move on to another article (the teacher will explain how to pass articles to the next person).

#### 5) For the Substitute Teacher Only:

- With **about 15 minutes** left in class, **form groups of 3 to 4 students**.

# A Glimpse of the Lesson:

**Editable &  
Printable!**



# 3 Formats to choose from:

**Step-by-Step Sub Plan Directions** - Perfect for an independent, ready-to-go sub lesson

**Teach In-Class** – Follow the included teacher-led instructions to guide students through the lesson

**Teach Online** – A fully independent student version on Google Drive, ideal for home learning

 **Health Education Today**



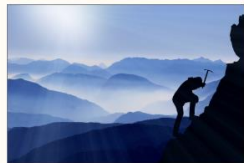
1 

**Overcoming Hardships:  
Independent Study**

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2

Read the following inspiring true stories on the next 3 slides.




3

**Stephen King:** The first book by this author, the iconic thriller *Carrie*, received 30 rejections, finally causing King to give up and throw it in the trash. His wife fished it out and encouraged him to resubmit it, and the rest is history, with King now having hundreds of books published the distinction of being one of the best-selling authors of all time.

**J. K. Rowling,** who wrote the Harry Potter novels, was nearly penniless, severely depressed, divorced, trying to raise a child on her own while attending school and writing a novel...

By 2023, the books have sold **more than 600 million copies worldwide**, making them the best-selling book series in history, available in dozens of languages.



4

**Theodore Seuss Geisel (Dr. Seuss):** The *Cat in the Hat* or *Green Eggs and Ham* had 27 different publishers reject his first book.

Today, "Green Eggs and Ham" holds the record for being one of the best-selling children's books of all time, with estimates of over 200 million copies sold.



5

**Vincent Van Gogh:** During his lifetime, Van Gogh sold only one painting, and this was to a friend and only for a very small amount of money. While Van Gogh was never a success during his life, he plugged on with painting. Today, they bring in hundreds of millions.



6


Read the following quote and watch the Adele video:



7

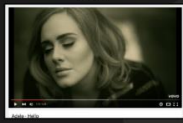
"Everyone who got where he/she is, had to begin where he/she was."

-Richard L. Evans




8

**Video Inspiration Before You Start:**




**Overcoming Articles:** Be inspired by hardships famous people overcame (Jim Carrey's family was so poor they slept in a van!)



- 1) Have empathy as you read.
- 2) See what hardships they faced and the different ways people chose to overcome.
- 3) Be motivated to overcome your own hardships.

**Overcoming Articles Info:** Your teacher will tell you how many celebrities to research



For the first 11 celebrities, you will follow a link to read their story online.

Your teacher may also have a YouTube link to watch a video.

**Overcoming Articles Info:**



For the rest of the celebrities, the articles are actually provided for you.

# Presentations + Student Documents: Fillable Boxes + Google Drive/Google Slides



Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

**Title: Overcoming Articles Worksheet**

	What they are famous for:	List 2 hardships they faced:	How did they overcome?:	One good lesson you learned from of this person:
Billie Eilish	-	-	-	-
Simone Biles	-	-	-	-
LeBron James	-	-	-	-
Rihanna	-	-	-	-
Zendaya	-	-	-	-
Ed Sheeran	-	-	-	-
Millie Bobby Brown	-	-	-	-
Gaten Matarazzo	-	-	-	-
Yara Shahidi	-	-	-	-
Misty Copeland	-	-	-	-
Jenna Ortega	-	-	-	-

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Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

**Title: Overcoming Reflections**

**Be Above the Past - Overcome Hardships:**

Put an "x" by any tip that might help you deal with past hardships, be a healthier person, or get along with others better

- \_\_\_\_\_ Be more assertive - set my boundaries and make them known!
- \_\_\_\_\_ Laugh and enjoy life more
- \_\_\_\_\_ Celebrate the changes i see in myself
- \_\_\_\_\_ Take baby steps out of my shyness
- \_\_\_\_\_ Believe in myself
- \_\_\_\_\_ Choose to have a more positive attitude
- \_\_\_\_\_ Stop comparing myself to others

Copy and paste to put an "X":  
X

# Examples of Lessons:

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

## Title: Overcoming Articles Worksheet

	What they are famous for:	List 2 hardships they faced:	How did they overcome?:	One good lesson you learned from of this person:
Billie Eilish		-	-	
Simone Biles		-	-	
LeBron James		-	-	
Rihanna		-	-	
Zendaya		-	-	
Ed Sheeran		-	-	
Millie Bobby Brown		-	-	
Gaten Matarazzo		-	-	
Yara Shahidi		-	-	
Misty Copeland		-	-	
Jenna Ortega		-	-	

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## Dua Lipa:

**Accomplishments:** Dua was born 22 August 1995 and is an English singer and songwriter. Possessing a mezzo-soprano vocal range, she is known for her signature disco-pop sound. Lipa has received seven Brit Awards, three Grammy Awards (from 10 nominations) two MTV Europe Music Awards, an MTV Video Music Award, two Billboard Music Awards, an American Music Award, and two Guinness World Records.

Time magazine included her in its list of the 100 most influential people in the world in 2024.

After working as a model, she signed with Warner Bros. Records in 2014 and released her debut album in 2017. The album has been certified platinum in numerous countries worldwide and won Lipa the Brit Awards for British Female Solo Artist and British Breakthrough Act in 2018.



## Emma Stone:

**Accomplishments:** Emma Stone is an American actress and producer. Her accolades include two Academy Awards, two British Academy Film Awards, and two Golden Globe Awards. In 2017, she was the world's highest-paid actress and named by Time magazine as one of the 100 most influential people in the world.

She starred in the romantic comedy Crazy, Stupid, Love (2011) and the period drama The Help (2011), and gained wider recognition as Gwen Stacy in the 2012 superhero film The Amazing Spider-Man and its sequel.



## Drake:

**Accomplishments:** Drake Graham is a Canadian rapper, singer, songwriter, record producer, actor, and entrepreneur. His rapping ability has been noted as "polarizing", and has contributed to him being named the "King of Hip-Hop" by multiple critics and media publications.

Only Adele sold more records in 2016, but Drake sent every one of the songs on his album, "Views," to the charts, and broke a streaming record while he was at it. He's setting the agenda on where music goes for the next decade, and breaking the mold of a hip-hop star. His album "21 Savage: Her Loss," had eight simultaneous top-ten songs on the Billboard Hot 100. Among the world's best-selling music artists, with over 200 million units sold, Drake is ranked as the highest-certified digital singles artist in the United States by the Recording Industry Association of America (RIAA), having moved 142 million units. He has had seven songs being certified triple platinum in the US for combined sales plus streaming units.

Drake is often praised one of the most influential figures in hip-hop; particularly his use of



## Simone Biles:

**YouTube:** [Simone Biles on Mental Health and Overcoming Challenges](#)

Read this article to find out "Accomplishments, Hardships and Overcoming" for worksheet:

[Simone Biles Opens Up...](#)

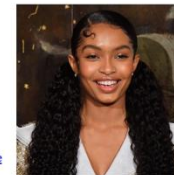


## Yara Shahidi:

**YouTube:** [Yara Shahidi on Using Her Platform for Activism](#)

Read this article to find out "Accomplishments, Hardships and Overcoming" for worksheet:

[Yara Shahidi Advocates for Representation and Change](#)



## Jenna Ortega

**YouTube:** [Jenna Ortega Talks About Her Career and Representation](#)

Read this article to find out "Accomplishments, Hardships and Overcoming" for worksheet:

[Jenna Ortega Discusses Challenges as a Latina Actress](#)



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## Ariana Grande:

**Accomplishments:** Ariana began performing onstage when she was a child. Her involvement in a Broadway play at age 15, followed by some small TV parts, helped her land the role of Cat on TV's *Victorious*. She...dove headfirst into a chart-topping musical career, releasing four albums: *Yours Truly* (2013), *My Everything* (2014), *Dangerous Woman* (2016) which debuted at number two on the Billboard 200, also features collaborations with Nicki Minaj, Lil Wayne, Macy Gray and Future) and *Sweetener* (2018). Her popularity has been fueled by a strong social media presence on Instagram, Twitter and Facebook.



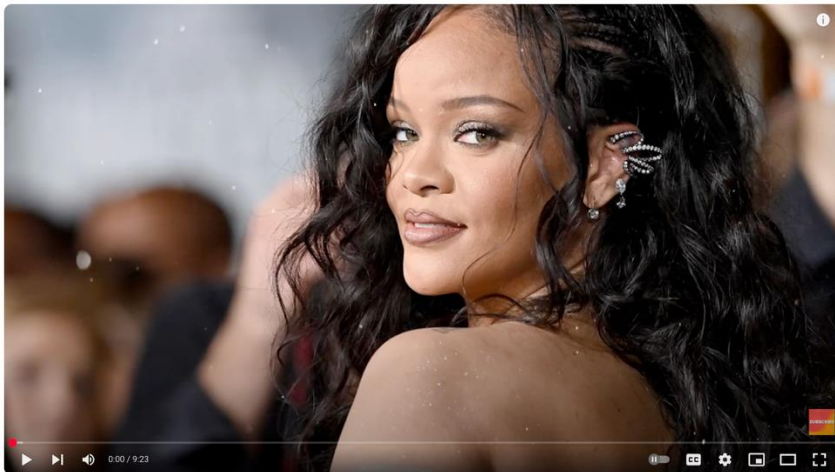
# Examples of Lessons:



Zendaya On BREAKING Racial Barriers & The Surprising Truth About Her Spider Man Role



Simone Biles opens up about mental health battle



The Story of Rihanna | Life Before Fame



How LeBron Went From HOMELESS To A BILLIONAIRE

- 24 Diverse Celebrities
- Articles & YouTube Videos

# Examples of Lessons:

## Billie Eilish:

**YouTube:** [Billie Eilish Talks Mental Health \(CBS Sunday Morning\)](#) (Teacher preview recommended)

Read this article to find out "**Accomplishments, Hardships and Overcoming**" for worksheet:

[Billie Eilish on Mental Health and Body Image](#)



## LeBron James:

**YouTube:** [LeBron James' Story and Legacy](#)

Read this article to find out "**Accomplishments, Hardships and Overcoming**" for worksheet:

It's easy to look at a super star and think they have always had it made...but often it's the hardships in life that shaped that person into the super star that they are!

[LeBron James' Journey from Poverty to NBA Stardom](#)



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## Adele:

**Optional Video:** "Hello"

<https://www.youtube.com/watch?v=YOH8XMcJC9A>

### Accomplishments:

Adele is a Grammy Award-winning artist whose throwback, soulful sound has made her an international success with hits like "Rolling in the Deep" and "Someone Like You."

Adele's third studio album, 25, was released in 2015, breaking first-week sales records in the UK and US. In the US, it remains the **only album to sell over three million copies in a week.**

30, released in 2021, contains "Easy on Me", which won her a Grammy Award in 2023. 25 and 30 became the **best-selling albums worldwide**, including the US and the UK, and as of 2024, all of her studio albums, except 19, have topped the yearly best-selling albums chart worldwide in the 21st century. In December 2023, Adele was listed in The Hollywood Reporter's **2023 Women in Entertainment Power 100**, and received the Sherry Lansing Leadership Award. She also received a **songwriting Oscar** for the James Bond track "Skyfall."



## Millie Bobby Brown:

**YouTube:** [Millie Bobby Brown's Speech on Bullying \(UNICEF\)](#)

Read this article to find out "**Accomplishments, Hardships and Overcoming**" for worksheet:

[Millie Bobby Brown Opens Up About Bullying in School](#)



Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

### Title: Overcoming Reflections



1. List some hardships the famous people in the articles faced.

-  
-  
-

2. List some hardships that you have faced in your own life.

-  
-  
-

3. What were some of the ways the famous people in the articles positively dealt with their hardships to overcome them?

-  
-  
-

4. List some positive ways that you have dealt with your hardships.

-  
-  
-

By reading these stories, students will be inspired to overcome their own hardships and share their takeaways with peers.

## **This Program is all about the Students:**

- ◆ Classroom “**kid-tested**,” teacher-approved, and full of real student examples and responses.
- ◆ Promotes **high student engagement and interaction.**
- ◆ **Challenges and impacts the mental, emotional, social life of teens.**

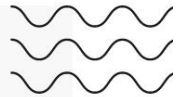
# Buy it Today, Teach it Tomorrow!



What makes this program unique?

- ◆ This program features highly organized step-by-step teacher directions that follow daily PowerPoints, providing talking points for each slide.
- ◆ **Documents and PowerPoints are editable** to cater to you and your students needs. Documents are included in both **Word and PDF** formats.
- ◆ PowerPoints are full of trending topics, photos, and video links that teens will appreciate.

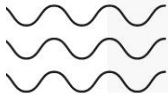
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## Works Cited:

Owl and Yosemite Photos by the author.

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NYC Standards

From: [http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheeducation/healthPEFACSLearningStandard\\_s.pdf](http://www.p12.nysed.gov/sss/schoolhealth/schoolhealtheeducation/healthPEFACSLearningStandard_s.pdf)

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