

# Sub Plans

## Schedule

### ➤ Arrive & Settle (8:30am-9:00am)

Students will be arriving in the front of the school starting at 8:30am. Please be in front of the school to assist. After everyone has arrived, you may begin walking to the classroom. Once arriving to the classroom, have the staff begin toileting, putting up backpacks, handing in home folders (if applicable), and preparing for APE.

### ➤ Period 1 APE (Tuesday-Friday: 8:35-9:32am, Monday: 9:25am-10:14am)

Students will remain in APE for 2nd period with their PE teacher. Please stay with them for the duration of the period and help where needed.

### ➤ Breakfast (Tuesday-Friday: 9:35-9:50am, Monday: (9:00am-9:25am)

Paraeducators will escort students to get their breakfast, please assist as needed.

### ➤ Period 2 Good Morning/Attendance/Schedule (9:00am-10:00am)

Have students go to their lockers and retrieve their **blue** “Schedule” folder and their **white** “Work” folders. In their blue folders (schedule) students will copy the schedule that is posted in the front of the room. When they are finished it should be checked for completion (token for students who complete it properly). Students may then begin on their daily reading and daily check-in (this is in their white work folder and is broken down by days) **\*Please assist students.**

### ➤ Period 3 Math (10:00am-10:45am)

Each student’s individual math work is located in their white work folders and is scaffolded to their unique independent work level. Please assist when needed.

### ➤ Walk (10:45am-11:10am)

Students will walk to the track (please stop for a bathroom break on the way) and have all students complete 2 laps on the track (if temperature is too extreme have students walk 2-3 laps of the quad area.

➤ **Period 4 State/Country Work (11:10am-11:50pm)**

Students will work on their state/country work. This will consist of a multiple-choice worksheet (in their work folder) and a YouTube video which the students can find a link to in their Google Classroom. Please feel free to go over the video and questions with them or one of the Paraeducators can handle this.

➤ **Period 4 (Continued) Social Games (12:00pm-12:35pm)**

Students will choose between social games located in the cabinet in the back of the room labeled “Games” & “Puzzles”. Please feel free to play with them, this promotes social skills (turn taking, working in a group, proper social interaction)

➤ **Lunch (12:35-1:25pm)**

➤ **Period 5 (1:25-1:45pm) Relaxation/Yoga/Weight Training**

1. Students will each be given a yoga mat (located in large cabinet in the back of the room labeled “yoga mats”). Put on calming music (<https://youtu.be/SQskB6Vkdj4?feature=shared> )
2. Set the time in the front of the room for 7-minutes.
3. After 7 minutes use this link for a 10-minute seated yoga routine ([https://youtu.be/dqYFbuv\\_OP4?feature=shared](https://youtu.be/dqYFbuv_OP4?feature=shared) )
4. After yoga routine set another 7-minute timer and replace with relaxation music again.

➤ **Period 5 (Continued) Job Skills/All About Me (1:45-2:15)**

Students will take out their **Blue “All About Me” folder**, once all their information is reset have each student place their information in the proper locations. After this, students will check out their Chromebooks and complete their “**Job Application**” in their Google Classroom under in the class titled “**Work Place Readiness**” (12 pages)

➤ **Period 6 Self-Advocacy/Sentence Writing and Observations (2:15-2:40pm)**

Students will be given a leveled, **blue writing practice folder** (you can find these labeled “**Writing Practice**” in the white file holders on top of the shelving unit by the double doors). Paraeducators will know which levels to give to which students. They will compose a total of nine sentences (based on ability level) and type them into Google Classroom under the class named “**Self-Advocacy**” in the assignment name “**Sentence Writing**”

## Tips w/ the Kids

- ✓ Use thumbs up/down as a way to respond (Especially with non-verbal students).
- ✓ Lots of encouragement! :)
- ✓ If a student is struggling, find out what they are working for so you can keep referring to the activity/item to help them.
- ✓ Maintain a mellow attitude (not too loud or expressive).
- ✓ Refrain from using the phrases “**no**”, “**don’t do that**”, & “**stop**”. These phrases and words can cause behaviors.
- ✓ Any questions ask classroom staff- They are amazing!