



## Month: February Week: 3 Subject: Physical Health & Growth

Day 1	<table border="1"> <thead> <tr> <th data-bbox="362 382 889 430">Topic(s)</th> <th data-bbox="889 382 1412 430">Foundation(s)</th> </tr> </thead> <tbody> <tr> <td data-bbox="362 430 889 674">           Theme: Black History Artists &amp; Musicians            Number: 6            Letter: Ee            Color: Red, Green, Black, Yellow            Shape: Circle         </td> <td data-bbox="889 430 1412 674"> <b>PHG2.2</b> Demonstrate development of body awareness and physical activity.         </td> </tr> </tbody> </table>		Topic(s)	Foundation(s)	Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	<b>PHG2.2</b> Demonstrate development of body awareness and physical activity.
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Move their bodies to music with teacher guidance.	Stop and start movements when music pauses.					
<p>Activities: Play <b>jazz and blues music</b> inspired by Louis Armstrong. Encourage toddlers to <b>dance freely</b> and move their bodies however they feel. Every so often, <b>pause the music</b> and have them <b>freeze in place</b>.</p> <p>Younger toddlers will focus on <b>moving their arms and legs</b>, while older toddlers will be encouraged to <b>follow different movement prompts</b> (e.g., “Stomp your feet,” “Wave your arms,” “Spin in a circle”).</p>						
Resources/Materials <ul style="list-style-type: none"> <li>• Speaker for music</li> <li>• Open space for movement</li> </ul>	Key Vocabulary: <b>Freeze</b> <b>Dance</b> <b>Move</b>	Support:				



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<b>Day 2</b>	<b>Topic(s)</b> Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	<b>Foundation(s)</b> <b>PHG3.1</b> Demonstrate development of fine and gross motor coordination. <b>PHG2.2</b> Demonstrate development of body awareness and physical activity.
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	Mimic simple movements related to playing musical instruments.	Follow a sequence of movements based on different instruments.
<p>Activities: Encourage toddlers to <b>pretend to play different instruments by moving their arms and hands.</b></p> <ul style="list-style-type: none"> <li>• Show pictures of <b>a trombone, drums, and a guitar</b> and demonstrate the movement each musician makes.</li> <li>• Have children <b>pretend to play a trombone by moving their arms back and forth, drum by tapping on their knees, and guitar by strumming.</b></li> <li>• Older toddlers can try <b>a short movement sequence</b> (e.g., "Strum, tap, wave your hands!").</li> </ul>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Pictures of musical instruments</li> <li>• Open space for movement</li> </ul>	<b>Key Vocabulary:</b> <b>Play</b> <b>Move</b> <b>Instrument</b>	<b>Support:</b>

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<b>Day 3</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
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	Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	<b>PHG3.1</b> Demonstrate development of fine and gross motor coordination. <b>PHG4.1</b> Demonstrate increased independence in personal care routines.
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	Walk or crawl through obstacles with teacher assistance.	Move through obstacles independently, following simple directions.

Activities: Set up a **simple obstacle course** inspired by the **movements of musicians and artists!**

- **Crawl through a tunnel (like a saxophone’s curved shape).**
  - **Jump on “drum circles” (paper circles taped to the floor).**
  - **Spin like a dancing musician.**
- Encourage toddlers to **follow the course, moving their bodies in different ways.**

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>● Floor markers (paper circles, tape for a path)</li> <li>● Small tunnels or soft play obstacles</li> </ul>	<b>Key Vocabulary:</b> <b>Jump</b> <b>Spin</b> <b>Crawl</b>	<b>Support:</b> 
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<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Black History Artists &	<b>PHG2.2</b> Demonstrate development of




	<p>Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle</p>	<p>body awareness and physical activity. <b>PHG3.2</b> Demonstrate development of oral motor skills.</p>
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	Tap objects to a rhythm with teacher assistance.	Follow simple rhythmic patterns while tapping.
<p>Activities: Provide toddlers with <b>small drums, rhythm sticks, or buckets</b> to tap.</p> <ul style="list-style-type: none"> <li>• Start by playing a <b>simple beat</b> and have them <b>tap along</b>.</li> <li>• Older toddlers will be challenged to <b>follow different rhythms</b> (e.g., slow-fast-slow).</li> <li>• Encourage <b>whole-body movement</b> by having toddlers <b>march in a circle while drumming!</b></li> </ul>		
<p>Resources/Materials</p> <ul style="list-style-type: none"> <li>• Small drums, rhythm sticks, or buckets</li> <li>• Open space for movement</li> </ul>	<p>Key Vocabulary:</p> <p><b>Tap</b> <b>Drum</b> <b>Beat</b></p>	<p>Support:</p>

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<b>Day 5</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Black History Artists &	<b>PHG2.2</b> Demonstrate development of



	<p>Musicians          Number: 6          Letter: Ee          Color: Red, Green, Black, Yellow          Shape: Circle</p>	<p>body awareness and physical activity.  <b>PHG3.1</b> Demonstrate development of fine and gross motor coordination.</p>
<p><b>Indicators</b></p>	<p><b>Younger Toddlers</b></p>	<p><b>Older Toddlers</b></p>
	<p>Wave ribbons and follow simple dance movements.</p>	<p>Create their own movements with ribbons.</p>
<p>Activities: Provide toddlers with <b>ribbons, scarves, or streamers</b> and encourage them to <b>move their arms and dance</b>.</p> <ul style="list-style-type: none"> <li>• Play <b>jazz music</b> and let toddlers <b>move in different ways</b> (slow sways, big jumps).</li> <li>• Younger toddlers will focus on <b>grasping and waving</b> the ribbons, while older toddlers will be encouraged to <b>twirl, spin, and make different patterns in the air</b>.</li> </ul>		
<p>Resources/Materials</p> <ul style="list-style-type: none"> <li>• Ribbons, scarves, or streamers</li> <li>• Speaker for music</li> </ul>	<p>Key Vocabulary:  <b>Wave</b>  <b>Jump</b>  <b>Spin</b></p>	<p>Support:</p>  <p>shutterstock.com - 2546376029</p>