

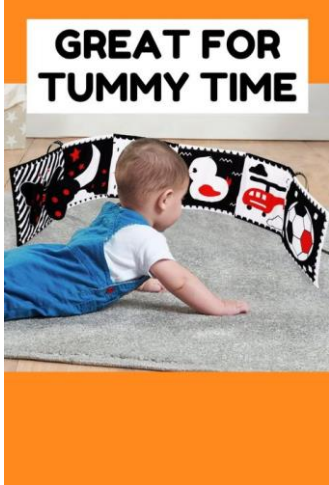


Month: January Week: 1

Subject: Physical Health and Growth

Day 1	Topic(s)		Foundation(s)	
	<ul style="list-style-type: none"><li>• Theme: Kwanzaa</li><li>• Shape: Oval</li><li>• Number: 1</li><li>• Color: Red</li><li>• Letter: Ss</li></ul>		PHG1.1: Demonstrate the development of healthy practices.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Engage in tummy time and attempt to lift head.		Reach for objects while supporting themselves during tummy time.	



Activities	
<p>The teacher will set up a soft mat and place colorful, infant-safe oval objects slightly out of reach. The teacher will say, "Look at the red oval!" while gently shaking the object to capture attention. Caregivers will encourage infants to reach for the object during tummy time, assisting younger infants by placing hands under their arms for gentle support. The teacher will describe movements, saying, "You're reaching so far!"</p>	
Resources and Materials	
<p>Soft mat Infant-safe oval objects (e.g., plush toys, soft rattles)</p>	
Topic Related Language/ Key Vocabulary	Supports
<p>Tummy, reach, oval, red</p>	

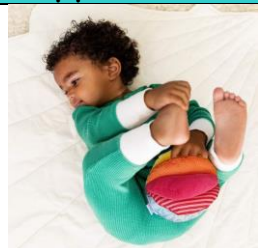


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Day 2	Topic(s)		Foundation(s)	
	<ul style="list-style-type: none"><li>• Theme: Kwanzaa</li><li>• Shape: Oval</li><li>• Number: 1</li><li>• Color: Red</li><li>• Letter: Ss</li></ul>		PHG2.1: Demonstrate how the five senses support processing information.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Watch as a ball is rolled back and forth.		Attempt to grasp or push a rolling ball.	



Activities	
The teacher will introduce a soft red ball, rolling it slowly across the mat and saying, "See the ball roll!" The teacher will encourage older infants to push the ball back, guiding their hands if needed. Younger infants will watch the ball's movement, with the teacher describing its path, saying, "It's rolling towards you!"	
Resources and Materials	
Soft, lightweight red ball Open floor space with a soft mat	
Topic Related Language/ Key Vocabulary	Supports
Ball, roll, red, move	



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Day 3	Topic(s)		Foundation(s)	
	<ul style="list-style-type: none"><li>• Theme: Kwanzaa</li><li>• Shape: Oval</li><li>• Number: 1</li><li>• Color: Red</li><li>• Letter: Ss</li></ul>		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Sit with support, maintaining head control.		Sit independently and reach for toys.	



Activities	
The teacher will place infants in a seated position with supportive pillows. For younger infants, the teacher will assist by holding their sides gently, saying, "You're sitting tall!" Older infants will reach for red oval-shaped toys placed nearby, with the teacher encouraging them to pick up the objects and explore, saying, "What does it feel like?"	
Resources and Materials	
Supportive pillows or infant seats  Red oval-shaped toys	
Topic Related Language/ Key Vocabulary	Supports
Sit, reach, tall, red	




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Day 4	Topic(s)		Foundation(s)	
	<ul style="list-style-type: none"><li>• Theme: Kwanzaa</li><li>• Shape: Oval</li><li>• Number: 1</li><li>• Color: Red</li><li>• Letter: Ss</li></ul>		PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Bat at hanging toys with hands.		Grasp and pull hanging toys.	



Activities	
<p>The teacher will hang soft, colorful toys from a play gym, ensuring they are within the infants' reach. The teacher will encourage infants by saying, "Can you touch the red toy?" Younger infants will be guided to bat at the toys, while older infants will be encouraged to grasp and pull them down. The teacher will narrate their actions, saying, "You're holding it tight!"</p>	
Resources and Materials	
<p>Infant play gym with hanging red toys</p> <p>Soft mat for play area</p>	
Topic Related Language/ Key Vocabulary	Supports
<p>Reach, toy, red, hold</p>	





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Day 5	Topic(s)		Foundation(s)	
	<ul style="list-style-type: none"><li>• Theme: Kwanzaa</li><li>• Shape: Oval</li><li>• Number: 1</li><li>• Color: Red</li><li>• Letter: Ss</li></ul>		<p><b>PHG3.2:</b> Demonstrate development of oral motor skills (e.g., mouthing toys safely).</p> <p><b>PHG2.1:</b> Demonstrate how the five senses support processing information</p>	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Respond to music with smiles or coos.		Clap hands along with music or imitate rhythmic movements.	



Activities	
The teacher will play a Kwanzaa-themed song and clap hands rhythmically, saying, "Clap, clap, clap!" Caregivers will guide younger infants' hands to mimic clapping, while older infants will be encouraged to clap independently. The teacher will describe the sounds and rhythm, saying, "The music is fast—let's clap faster!"	
Resources and Materials	
Recorded Kwanzaa-themed music  Music player	
Topic Related Language/ Key Vocabulary	Supports
Clap, music, rhythm, sound	<a href="#">Kwanzaa Slide by Culture Queen &amp; Fyütch  </a> <a href="#">Kwanzaa Dance Song for Kids &amp; Families</a>