



## Month: January Week: 3

### Subject: Physical Health and Growth

Day 1	Topic(s)		Foundation(s)	
	<b>Theme:</b> Martin Luther King Jr. <b>Shape:</b> Triangle <b>Number:</b> 3 <b>Color:</b> Blue <b>Letter:</b> Dd		<b>PHG1.1:</b> Demonstrate development of healthy practices.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
Engage in supervised tummy time while observing triangle-shaped toys placed close to them.		Attempt to push up, reach for, or grasp triangle toys during tummy time.		



### Activities

The teacher will place soft triangle-shaped toys within the infant's reach during tummy time. Younger infants will observe and attempt to interact with the toys through visual tracking or cooing, while older infants will be encouraged to push up on their arms and reach or grasp the toys.

### Resources and Materials

- Soft triangle-shaped toys
- Padded play mat

### Topic Related Language/ Key Vocabulary

Tummy, triangle, reach, lift

### Supports






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Day 2	Topic(s)		Foundation(s)	
	<b>Theme:</b> Martin Luther King Jr. <b>Shape:</b> Triangle <b>Number:</b> 3 <b>Color:</b> Blue <b>Letter:</b> Dd		PHG2.1: Demonstrate how the five senses support processing information.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
Observe and attempt to track the teacher's movements with scarves.		Reach for and grasp blue scarves waved in front of them.		



Activities	
<p>The teacher will wave lightweight blue scarves slowly in front of the infants, encouraging them to track the motion. For younger infants, the teacher will guide their hands to feel the texture. Older infants will be encouraged to reach out and grasp the scarves as they move.</p>	
Resources and Materials	
<ul style="list-style-type: none"><li>• Lightweight blue scarves</li></ul>	
Topic Related Language/ Key Vocabulary	Supports
<p>Blue, scarf, move, wave</p>	



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Day 3	Topic(s)	Foundation(s)
	<b>Theme:</b> Martin Luther King Jr. <b>Shape:</b> Triangle <b>Number:</b> 3 <b>Color:</b> Blue <b>Letter:</b> Dd	<b>PHG1.2:</b> Demonstrate development of safety practices.
Indicators		
	Infants (0-6 months) Sit briefly with teacher support while observing the environment.	Infants (6-12 months) Maintain a sitting position with minimal support or sit independently for short periods.



### Activities

The teacher will gently support younger infants in a sitting position, describing their surroundings: "You're sitting up to see all the toys!" Older infants will be encouraged to sit on their own with minimal support, with toys placed nearby to engage them.

### Resources and Materials

- Soft seating support or pillows
- Engaging toys within reach

### Topic Related Language/ Key Vocabulary

Sit, balance, look

### Supports






## Month: January Week: 3

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Day 4	Topic(s)		Foundation(s)	
	<b>Theme:</b> Martin Luther King Jr. <b>Shape:</b> Triangle <b>Number:</b> 3 <b>Color:</b> Blue <b>Letter:</b> Dd		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
Observe the teacher gently rolling a triangle-shaped toy nearby.		Attempt to roll their bodies toward the toy with guidance.		



Activities	
<p>The teacher will roll a soft triangle-shaped toy across the mat while narrating the movement: "Look! The triangle is rolling!" Younger infants will watch and track the toy, while older infants will be encouraged to roll toward the toy.</p>	
Resources and Materials	
<ul style="list-style-type: none"><li>• Soft triangle-shaped toys</li><li>• Clean, padded play mat</li></ul>	
Topic Related Language/ Key Vocabulary	Supports
<p>Roll, triangle, move</p>	





## Month: January Week: 3

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Day 5	Topic(s)		Foundation(s)	
	<b>Theme:</b> Martin Luther King Jr. <b>Shape:</b> Triangle <b>Number:</b> 3 <b>Color:</b> Blue <b>Letter:</b> Dd		PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
Attempt to grasp triangle-shaped objects with teacher guidance.		Grasp, hold, and manipulate triangle-shaped objects independently.		



### Activities

The teacher will present soft triangle-shaped toys to the infants, guiding younger infants to grasp and feel the objects. Older infants will be encouraged to pick up, hold, and explore the shapes independently, enhancing their coordination and strength.

### Resources and Materials

- Soft triangle-shaped toys

### Topic Related Language/ Key Vocabulary

Grasp, hold, triangle

### Supports

