



## Month: January Week: 3

### Subject: Physical Health & 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> D	<b>PHG2.2:</b> Demonstrate development of body awareness and physical activity. <b>PHG3.1:</b> Demonstrate development of fine and gross motor coordination.
Indicators	Younger Toddlers	Older Toddlers
	Toddlers may walk along a triangle path with teacher guidance.	Toddlers may practice balance and coordination as they follow the path.



### Activities

The teacher will create a triangle path on the floor using tape or mats. Toddlers may follow the path, focusing on their movements and balance. The teacher will encourage body awareness by asking, "Can you step on each side of the triangle?"

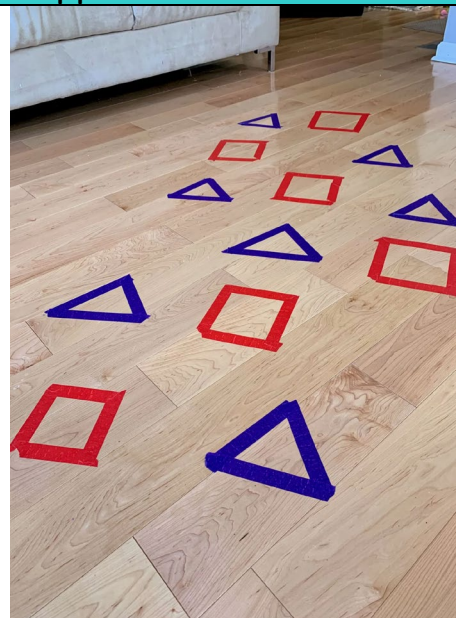
### Resources and Materials

- Tape or mats to create a triangle path
- Open play area

### Topic Related Language/ Key Vocabulary

Triangle, path, walk, step

### 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> D	<b>PHG3.1:</b> Demonstrate development of fine and gross motor coordination.
Indicators	Younger Toddlers	Older Toddlers
	Toddlers may attempt yoga poses with teacher guidance.	Toddlers may explore balance and movement during yoga.



Activities	
<p>The teacher will lead toddlers in simple <b>Toddler Yoga</b> poses such as "Downward Dog" (hands and feet on the floor), "Triangle Pose" (arms stretched to the sides), and "Butterfly Pose" (feet together). Toddlers may attempt the poses and explore how their bodies move. The teacher will describe each pose, saying, "Let's stretch like a triangle!"</p>	
Resources and Materials	
<ul style="list-style-type: none"><li>• Soft mats or clean play area for yoga</li></ul>	
Topic Related Language/ Key Vocabulary	Supports
Stretch, pose, triangle, yoga	<a href="https://www.youtube.com/watch?v=KQaw8IOpZDk">https://www.youtube.com/watch?v=KQaw8IOpZDk</a>



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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> D	<b>PHG2.1:</b> Demonstrate how the five senses support processing information. <b>PHG3.1:</b> Demonstrate development of fine and gross motor coordination.		
Indicators				
	Younger Toddlers		Older Toddlers	
Toddlers may engage in a movement game with teacher prompts.		Toddlers may practice coordination while following instructions.		



Activities	
The teacher will organize a <b>Movement Game</b> where toddlers follow simple prompts such as "Hop like a bunny," or "Slide like you're skating. Toddlers may explore different ways to move, using their senses to respond to verbal instructions. The teacher will encourage coordination and creativity by asking, "What other ways can we move?"	
Resources and Materials	
<ul style="list-style-type: none"><li>• Open play area for movement</li></ul>	
Topic Related Language/ Key Vocabulary	Supports
Move, hop, slide, follow	



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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> D		<b>PHG2.2:</b> Demonstrate development of body awareness and physical activity. <b>PHG3.1:</b> Demonstrate development of fine and gross motor coordination.	
Indicators	Younger Toddlers		Older Toddlers	
	Toddlers may dance to the Triangle Song with teacher encouragement.		Toddlers may explore body awareness through rhythmic movement.	



Activities	
<p>The teacher will play a <b>Triangle Song</b> (e.g., a child-friendly song about triangles) and encourage toddlers to dance along. Toddlers may practice clapping, tapping, or stepping in rhythm to the music. The teacher will guide body awareness by saying, "Can you point to your feet while you dance?"</p>	
Resources and Materials	
<ul style="list-style-type: none"><li>• Triangle-themed song (child-friendly)</li><li>• Open play area</li></ul>	
Topic Related Language/ Key Vocabulary	Supports
Dance, song, triangle, move	<a href="https://www.youtube.com/watch?v=OM5ejZYZLus">https://www.youtube.com/watch?v=OM5ejZYZLus</a>



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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> D	<b>PHG2.2:</b> Demonstrate development of body awareness and physical activity. <b>PHG3.1:</b> Demonstrate development of fine and gross motor coordination.
Indicators	Younger Toddlers	Older Toddlers
	Toddlers may identify blue triangles placed around the room with teacher guidance.	Toddlers may move to different triangles using specific actions such as walking, hopping, or crawling.

Activities



The teacher will place large blue triangle shapes on the floor or walls around the classroom. Toddlers may explore the room to find the triangles, using actions prompted by the teacher such as, "Hop to the next triangle!" or "Crawl to the blue triangle over there." The teacher will guide movement and encourage body awareness by saying, "Can you point to the triangle when you find it?"

### Resources and Materials

- Large blue triangle cutouts placed in various locations around the classroom
- Open space for movement

### Topic Related Language/ Key Vocabulary

Triangle, blue, hop, crawl, find

### Supports