



Month: February Week: 4 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Theme: Review	PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Preschool	Older Preschool
	Engage in simple movements like marching, jumping, and stretching to represent a healthy heartbeat.	Follow multi-step movement sequences such as jogging in place, skipping, and fast-slow movements to mimic different heart rates.
<p>Activities: Begin by discussing how the heart beats faster when we move. Have children place their hand on their chest to feel their heartbeat. Play music with a slow beat and encourage slow movements (stretching, reaching, deep breaths). Then, switch to faster-paced music and have children jump, march, and wiggle to match a "fast-beating heart." Discuss how exercise keeps our hearts strong.</p>		
Resources/Materials <ul style="list-style-type: none"> • Tablet 	Key Vocabulary: Heartbeat Fast Slow	Support:



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Day 2	Topic(s)	Foundation(s)
	Theme: Review	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	Imitate simple dance moves such as clapping, stomping, and swaying.	Follow multi-step dance movements and explore creative dance sequences.
	<p>Activities: Introduce a short dance routine that includes stomping, spinning, and jumping. Allow children to explore free movement while dancing to jazz or African drumming music. Incorporate stop-and-go dancing where children freeze when the music stops.</p>	
Resources/Materials <ul style="list-style-type: none"> • Music player/Tablet 	Key Vocabulary: Dance Move Stop	Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Review	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	Practice tossing bean bags into a short-distance target.	Aim for different targets at increasing distances.
<p>Activities: Set up baskets or hula hoops at different distances. Have children take turns tossing bean bags into the targets. Adjust the difficulty level based on their ability. Encourage discussion about aiming, using gentle throws, and trying different techniques.</p>		
Resources/Materials <ul style="list-style-type: none"> ● Bean Bags ● Basket/Buckets ● Hula Hoops 	Key Vocabulary: Toss Aim Target	Support:

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Day 4	Topic(s)		Foundation(s)	
	Theme: Review		PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators	Younger Preschool		Older Preschool	
	Will grasp and wave ribbons while moving to music.		Will use ribbons to follow movement patterns and dance expressively.	
	<p>Activities: Hand out ribbons and encourage children to wave them in different directions (up, down, side to side). Play a variety of music and have them move their ribbons to match the beat. For older preschoolers, introduce simple patterns (circle motions, zig-zags) to enhance coordination.</p>			
Resources/Materials <ul style="list-style-type: none"> • Ribbons or streamers • Music player/ Tablet 		Key Vocabulary: Wave Rhythm Dance		Support:

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Day 5	Topic(s)	Foundation(s)
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	Theme: Review	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	Follow basic start-and-stop directions in movement games.	Respond quickly to stop-and-go signals while controlling their body movements.
<p>Activities: Reintroduce the game and explain how <i>red light</i> means stop and <i>green light</i> means go. Have children practice stopping and starting at different speeds. Incorporate <i>yellow light</i> for slow movement. Relate this to the traffic light invention by Garrett Morgan and discuss how traffic lights keep people safe.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Red, yellow, and green visual cards 	Stop Go Slow	