



Month: April Week: 1 Subject: Physical Health & Growth

Day 1	<table border="1" style="width: 100%;"> <tr> <th data-bbox="367 394 889 428">Topic(s)</th> <th data-bbox="898 394 1404 428">Foundation(s)</th> </tr> <tr> <td data-bbox="367 438 889 648"> Theme: Puddle Adventure Number: 10 Letter: li Color: Green Shape: Trapezoid </td> <td data-bbox="898 438 1404 648"> PHG2.2 Demonstrate development of body awareness and physical activity </td> </tr> </table>		Topic(s)	Foundation(s)	Theme: Puddle Adventure Number: 10 Letter: li Color: Green Shape: Trapezoid	PHG2.2 Demonstrate development of body awareness and physical activity
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Indicators						
	<table border="1" style="width: 100%;"> <tr> <th data-bbox="367 764 889 819">Younger Preschool</th> <th data-bbox="898 764 1404 819">Older Preschool</th> </tr> <tr> <td data-bbox="367 829 889 953"> Imitate simple dance movements and rhythms with adult guidance. </td> <td data-bbox="898 829 1404 953"> Create and perform simple dance movements, coordinating with rhythm and group participation. </td> </tr> </table>		Younger Preschool	Older Preschool	Imitate simple dance movements and rhythms with adult guidance.	Create and perform simple dance movements, coordinating with rhythm and group participation.
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Imitate simple dance movements and rhythms with adult guidance.	Create and perform simple dance movements, coordinating with rhythm and group participation.					
<p>Activity: Rain Dance Follow-the-Leader</p> <p>The teacher will play rain-themed music and guide children through a rain dance, starting with simple movements such as:</p> <ul style="list-style-type: none"> ● Tapping fingers (light raindrops) ● Swaying side to side (gentle rain) ● Jumping and stomping (heavy rainstorm) <p>After following the teacher’s lead, children may take turns creating their own rain dance moves, and the rest of the class will copy their movements. This activity encourages self-expression, coordination, and group participation.</p>						
Resources/Materials <ul style="list-style-type: none"> ● Rain-themed instrumental music or songs ● Open space for dancing 	Key Vocabulary: dance rain copy	Support:				



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Day 2	Topic(s)	Foundation(s)
	Theme: Puddle Adventure Number: 10 Letter: Ii Color: Green Shape: Trapezoid	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	Attempt simple jumping movements with two feet while maintaining balance.	Jump forward using coordinated arm and leg movements while controlling landings.
<p>Activity: Jump Like A Frog</p> <p>The teacher can play music and encourage children to crouch low like a frog and jump forward like they are leaping into puddles. They may:</p> <ul style="list-style-type: none"> • Take turns jumping over paper lily pads. • Count how many jumps it takes to reach the other side of the room. • Play a frog freeze game, where they must freeze when the teacher says, <i>“The frog is resting!”</i> 		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> • Paper lily pads cutouts (optional) • Open space 	jump leap frog	

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Day 3	Topic(s)	Foundation(s)
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	Theme: Puddle Adventure Number: 10 Letter: Ii Color: Green Shape: Trapezoid	PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Preschool	Older Preschool
	Explore movement by using scarves or ribbons to mimic natural elements.	Use scarves or ribbons to create intentional patterns and sequences of movement.
<p>Activity: Ribbon Dance: Flowing Water</p> <p>Children will use ribbons or scarves to move like flowing water. The teacher can play soft music while children move their ribbons in different ways:</p> <ul style="list-style-type: none"> ● Swirling like waves ● Dripping like rain ● Twisting like a water current <p>The teacher can ask:</p> <ul style="list-style-type: none"> ● <i>How does water move in the ocean vs. in a puddle?</i> ● <i>Can you make a storm with your ribbon?</i> 		
Resources/Materials <ul style="list-style-type: none"> ● Ribbons or scarves ● Music with gentle flowing sounds 	Key Vocabulary: flow twist wave	Support:

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Day 4	Topic(s)	Foundation(s)
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	Theme: Puddle Adventure Number: 10 Letter: Ii Color: Green Shape: Trapezoid	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	Walk across a balance path using cautious, slow steps.	Maintain balance while walking across a narrow or uneven surface and attempting new movement challenges.
<p>Activity: Balancing On A “Raindrop” Path</p> <p>The teacher will create a path of raindrops (blue paper cutouts) on the floor. Children must carefully walk across the raindrops without stepping off.</p> <p>Variations for different skill levels:</p> <ul style="list-style-type: none"> ● Hop on one foot from one raindrop to another. ● Try balancing an object (like a beanbag) on top of their head while walking. ● Walk heel-to-toe to increase coordination. 		
Resources/Materials <ul style="list-style-type: none"> ● Blue paper raindrop cutouts ● Beanbags (for added challenge) 	Key Vocabulary: balance step careful	Support:

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Day 5	Topic(s)	Foundation(s)
	Theme: Puddle Adventure	PHG1.1 Demonstrate development of



	Number: 10 Letter: Ii Color: Green Shape: Trapezoid	healthy practices
Indicators	Younger Preschool	Older Preschool
	Participate in simple relay-style jumping games with adult encouragement.	Demonstrate speed and coordination in a structured jumping relay while taking turns with peers.
<p>Activity: Puddle Jump Relay</p> <p>Children will race through a relay course, jumping over pretend puddles while maintaining balance and speed.</p> <p>The teacher may:</p> <ul style="list-style-type: none"> ● Set up different-sized puddles (hula hoops or blue mats) for children to jump over or into. ● Time each group to see how fast they can complete the course. ● Have children work in pairs, encouraging teamwork and turn-taking. 		
Resources/Materials <ul style="list-style-type: none"> ● Hula hoops or blue mats ● Open space for running and jumping 	Key Vocabulary: relay jump race	Support: