



## Month: May Week: 3 Subject: Physical Health & Growth

<b>Day 1</b>	<b>Topic(s)</b> Theme: Nature's Backyard Number: 15 Letter: Nn Color: Brown Shape: Circle	<b>Foundation(s)</b> <b>PHG2.2 Demonstrate development of body awareness and physical activity</b>  <b>PHG3.1 Demonstrate development of fine and gross motor coordination</b>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	Children may imitate basic movements like hopping or stretching.	Children may combine movements into short nature-themed sequences.
<p>Activity: <b>Nature Movement Game</b></p> <p>Lead a movement game where the teacher calls out a nature action, and students act it out. Examples include: "Flutter like a butterfly," "Grow like a tree," "Crawl like a bug," or "Sway like the grass."</p> <p>Children will move their bodies creatively, strengthening gross motor skills while developing body control and coordination. Play fast/slow versions to practice listening and adjusting movement speed.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Open indoor or outdoor space</li> </ul>	<b>Key Vocabulary:</b> move, stretch, hop	<b>Support:</b>



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<b>Day 2</b>	<b>Topic(s)</b> Theme: Nature's Backyard Number: 15 Letter: Nn Color: Brown Shape: Circle	<b>Foundation(s)</b> <b>PHG2.2 Demonstrate development of body awareness and physical activity</b>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	Children may crawl across a short distance with support.	Children may race while maintaining balance and coordination.
<p>Activity: <b>Bug Crawling Races</b></p> <p>Children will participate in "bug races" where they crawl like different bugs across the playground or gym.</p> <p>Model safe crawling positions (hands and knees) and create a starting and finish line.</p> <p>Children will crawl under "bug tunnels" (hula hoops) or over small pillows, promoting balance, strength, and gross motor development in a fun, imaginative way.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Cones, hula hoops, or tunnel structures</li> <li>• Soft mats or pillows for obstacles</li> </ul>	<b>Key Vocabulary:</b> crawl, race, bug	<b>Support:</b>

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Day 3	Topic(s)		Foundation(s)	
	Theme: Nature’s Backyard Number: 15 Letter: Nn Color: Brown Shape: Circle		PHG1.1 Demonstrate development of healthy practices	
Indicators	Younger Preschool		Older Preschool	
	Children may perform basic yoga poses with visual cues.		Children may hold poses and practice breathing techniques.	
<p>Activity: <b>Yoga and Stretching</b></p> <p>Lead students through nature-themed yoga poses like "Tree Pose" (stand tall with arms up), "Butterfly Pose" (sit and flap legs), and "Snake Pose" (lay on belly and push up).</p> <p>Talk about breathing deeply and stretching gently.</p> <p>Nature yoga builds flexibility, balance, and introduces calming techniques that support emotional and physical wellness.</p>				
Resources/Materials <ul style="list-style-type: none"><li>Yoga mats or open space</li></ul>		Key Vocabulary: stretch, breathe, pose		Support:

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<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
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	Theme: Nature's Backyard Number: 15 Letter: Nn Color: Brown Shape: Circle	<b>PHG2.1 Demonstrate how the five senses support processing information</b>  <b>PHG2.2 Demonstrate development of body awareness and physical activity</b>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	Children may identify one sense they used during the nature walk.	Children may describe using multiple senses to observe nature.
<p><b>Activity: Five Senses Nature Walk</b>          Take a quiet nature walk around the playground or school grounds, encouraging children to use all five senses.          Prompt them:</p> <ul style="list-style-type: none"> <li>• "What do you hear?" (birds, wind)</li> <li>• "What do you smell?" (flowers, grass)</li> <li>• "What do you see?" (trees, bugs)</li> </ul> <p>Students will use observation skills and begin to understand how their senses help them learn about the world.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Five Senses Chart (optional for review after walk)</li> </ul>	<b>Key Vocabulary:</b> see, hear, smell	<b>Support:</b>

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<b>Day 5</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Nature's Backyard	PHG1.2 Demonstrate development of



## Preschool Curriculum

	Number: 15 Letter: Nn Color: Brown Shape: Circle	safety practices
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	Children may move through a simple obstacle course with help.	Children may move safely and independently through a multi-step course.
<p>Activity: <b>Outdoor Relay Race</b></p> <p>Set up a "Bug Adventure" obstacle course where students must crawl under logs (pool noodles), hop over stepping stones (cushions), and flap wings like a butterfly to the finish.</p> <p>Explain safe practices like "walk around" if something is too hard.</p> <p>Children will build muscle strength, balance, and gross motor control while pretending to be little bugs on a nature adventure.</p>		
Resources/Materials <ul style="list-style-type: none"> <li>Pool noodles, cushions, cones</li> <li>Bug-themed visuals for stations</li> </ul>	Key Vocabulary: crawl, jump, flap	Support: