



Month: July Week: 5 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Review Week	PHG1.1 Demonstrate development of healthy practices PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May lift head briefly or turn toward sounds.	May push up on arms or pivot during tummy time.
Activity: Tummy Time Fun Infants will engage in supervised tummy time with toys or mirrors placed within view. This activity strengthens core muscles, builds neck stability, and promotes sensory development. Teachers will encourage movement by placing items slightly out of reach.		
Resources/Materials <ul style="list-style-type: none"> • Soft mat or blanket • Mirrors or toys 	Key Vocabulary: tummy, stretch, look	Support:



Month: July Week: 5 Subject: Physical Health & Growth

Day 2	Topic(s)	Foundation(s)
	Review Week	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	May reach for a toy or lean forward with support.	May crawl or scoot to push and grab an object.
Activity: Push & Reach Infants will be encouraged to reach and push for items placed just ahead of them. Teachers may model reaching and offer verbal encouragement. This activity supports upper body strength, balance, and visual-motor skills.		
Resources/Materials <ul style="list-style-type: none"> Soft toys or rings 	Key Vocabulary: push, reach, toy	Support:



Month: July Week: 5 Subject: Physical Health & Growth

Day 3	Topic(s)	Foundation(s)
	Review Week	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	May touch or follow ball with eyes.	May crawl after or push ball with hands.
Activity: Ball Push <p>Infants will play with soft balls, exploring how to push or roll them across the floor. Teachers can play alongside infants, modeling turn-taking or gentle rolling. This activity encourages movement, strength, and tracking skills.</p>		
Resources/Materials <ul style="list-style-type: none"> Soft infant-safe balls 	Key Vocabulary: ball, push, roll	Support:



Month: July Week: 5 Subject: Physical Health & Growth

Day 4	Topic(s)	Foundation(s)
	Review Week	PHG1.1 Demonstrate development of healthy practices PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May crawl with support or explore with curiosity.	May crawl independently through the tunnel.
Activity: Tunnel Crawl Infants will crawl through a soft tunnel or between pillows. This engaging activity builds gross motor skills and spatial awareness. Teachers will support younger infants or cheer on independent crawlers.		
Resources/Materials <ul style="list-style-type: none"> Pop-up tunnel or pillows 	Key Vocabulary: crawl, go, inside	Support:



Month: July Week: 5 Subject: Physical Health & Growth

Day 5	Topic(s)	Foundation(s)
	Review Week	PHG1.1 Demonstrate development of healthy practices PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May stand with adult support.	May pull to stand or bounce while standing.
Activity: Infants will practice standing with help from adults or by using low furniture. Teachers will guide and support infants' legs and hands for balance. This activity builds lower body strength and encourages confidence in physical movement.		
Resources/Materials <ul style="list-style-type: none"> Low table or push toy 	Key Vocabulary: stand, up, strong	Support: