



## Month: August Week: 1 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	PHG2.2 Demonstrate development of body awareness and physical activity
Indicators		
	Younger Infants	Older Infants
	May lift head briefly.	May push up on arms.

### Activity: Tummy Time

Place infants on their tummies on a blanket or mat. Position yourself at their eye level to encourage head lifting. Use toys or mirrors to motivate movement. Gradually increase tummy time duration for strength building.

Resources/Materials <ul style="list-style-type: none"> <li>Blanket or mat</li> <li>Small toys or mirror</li> </ul>	Key Vocabulary: tummy, lift, strong	Support:
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## Month: August Week: 1 Subject: Physical Health & Growth

<b>Day 2</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	PHG3.1 Demonstrate development of fine and gross motor coordination
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May sit briefly with support.	May reach for toys while sitting.

### Activity: **Supported Sitting**

Place infants in a supported sitting position using a pillow or your lap. Offer toys to encourage reaching and balance. Engage them with eye contact and conversation. Gradually reduce support as their strength improves.

Resources/Materials <ul style="list-style-type: none"> <li>Support pillow or caregiver's lap</li> <li>Toys</li> </ul>	Key Vocabulary: sit, toy, reach	Support:
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## Month: August Week: 1 Subject: Physical Health & Growth

Day 3	Topic(s)		Foundation(s)	
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle		PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators				
	Younger Infants		Older Infants	
	May roll to one side.		May pivot to reach a toy.	
Activity: <b>Pivot &amp; Reach</b> Place toys in a semicircle around the infant during tummy time. Encourage them to pivot or roll slightly to reach for toys. Celebrate each attempt to move toward the toy. This activity builds mobility and core strength.				
Resources/Materials <ul style="list-style-type: none"><li>Colorful toys</li></ul>		Key Vocabulary: pivot, reach, toy		Support:



## Month: August Week: 1 Subject: Physical Health & Growth

Day 4	Topic(s)		Foundation(s)	
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	Younger Infants		Older Infants	
	May bear weight briefly on legs.		May bounce while supported.	
Activity: Assisted Standing				
Hold infants under their arms and support their weight as they stand on a firm surface. Encourage them to bounce gently while you hold them. Smile and talk to them during the activity. This builds leg strength and balance.				
Resources/Materials		Key Vocabulary:		Support:
● None required		stand, bounce, legs		



## Month: August Week: 1 Subject: Physical Health & Growth

Day 5	Topic(s)		Foundation(s)	
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle		PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators				
	Younger Infants		Older Infants	
	May push up on arms.		May move forward or crawl toward a toy.	
Activity: Crawl Encouragement				
Place a favorite toy just out of reach while the infant is on their tummy. Encourage them to move toward it using crawling motions. Cheer for each movement forward. This strengthens arms, legs, and coordination.				
Resources/Materials <ul style="list-style-type: none"><li>Favorite toy</li></ul>		Key Vocabulary: crawl, toy, move		Support: