



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

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| Day 1 | Topic(s) Theme: Sunny Days Ahead Number: 16 Letter: Oo Color: Blue Shape: Rectangle | Foundation(s) PHG2.2 Demonstrate development of body awareness and physical activity |
| Indicators | Younger Infants | Older Infants |
| | May stretch arms with support. | May reach intentionally for items. |
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| Activity: Stretch and Reach During floor play, guide baby to stretch arms up or to the side. Use a scarf or toy as a visual. Say, "Reach for the sun!" | | |
| Resources/Materials <ul style="list-style-type: none"> • Toy or scarf | Key Vocabulary: reach, stretch, up | Support: |



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| Day 2 | Topic(s) | Foundation(s) |
| | Theme: Sunny Days Ahead Number: 16 Letter: Oo Color: Blue Shape: Rectangle | PHG2.2 Demonstrate development of body awareness and physical activity |
| Indicators | Younger Infants | Older Infants |
| | May kick and move during song. | May wiggle or bounce to rhythm. |
| <p>Activity: Wiggle and Kick</p> <p>Lay baby on back and sing a wiggle song (“Kick, kick, kick!”). Encourage movement by gently clapping or moving their feet.</p> | | |
| Resources/Materials | Key Vocabulary: | Support: |
| <ul style="list-style-type: none"> Blanket or mat | kick, feet, move | |

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Infant Curriculum

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| Day 3 | Topic(s) | Foundation(s) |
| | Theme: Sunny Days Ahead Number: 16 Letter: Oo Color: Blue Shape: Rectangle | PHG3.1 Demonstrate development of fine and gross motor coordination |
| Indicators | Younger Infants | Older Infants |
| | May wobble or sit briefly with support. | May sit independently and play. |

Activity: **Supported Sitting Play**

Place baby in supported seat or in your lap. Offer a soft toy to hold and explore. Encourage grasping and balance.

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| Resources/Materials <ul style="list-style-type: none"> • Infant chair or adult lap • Soft toy | Key Vocabulary: sit, hold, play | Support: |
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| Day 4 | Topic(s) | Foundation(s) |
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Infant Curriculum

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| | Theme: Sunny Days Ahead Number: 16 Letter: Oo Color: Blue Shape: Rectangle | PHG3.1 Demonstrate development of gross motor coordination |
| Indicators | Younger Infants | Older Infants |
| | May lift head or roll to side. | May roll back to front or scoot. |
| Activity: Tummy Time Roll Encourage baby to roll by placing a toy to the side during tummy time. Cheer them on and guide if needed. | | |
| Resources/Materials <ul style="list-style-type: none"> Towel Favorite toy | Key Vocabulary: roll, side, move | Support: |

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| Day 5 | Topic(s) | Foundation(s) |
| | Theme: Sunny Days Ahead | PHG2.2 Demonstrate development of |



Infant Curriculum

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| | Number: 16 Letter: Oo Color: Blue Shape: Rectangle | body awareness and physical activity |
| Indicators | Younger Infants | Older Infants |
| | May smile or bounce in response to movement. | May anticipate "up" or "down" with giggles. |
| Activity: Up & Down Lap Play Hold baby on your lap and gently bounce: "Up... and down!" Say the words clearly and pause between movements. | | |
| Resources/Materials <ul style="list-style-type: none"> Adult lap or chair | Key Vocabulary: up, down, bounce | Support: |