



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

Day 1	Topic(s)		Foundation(s)	
	Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus		PHG3.1 Demonstrate development of fine and gross motor coordination PHG4.1 Demonstrate increased independence in personal care routines	
Indicators				
	Younger Infants		Older Infants	
	May lift head or move arms during tummy time.		May push up or reach during floor time.	
Activity: Tummy Reach				
Place a soft toy just out of reach during tummy time. Encourage the infant by saying, “Can you reach the frog?” Gently guide their arms or provide hand support. Builds upper body strength and visual-motor coordination.				
Resources/Materials <ul style="list-style-type: none">Soft frog or duck toy		Key Vocabulary: reach, frog, up		Support:



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Day 2	Topic(s) Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus	Foundation(s) PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May move head or body in response to caregiver.	May roll side to side or front to back.
Activity: Roll Time Place infant on back and encourage rolling by placing a toy beside them. Say, “Roll to the turtle!” Assist as needed, praising effort. Repeat on both sides to build balanced movement and trunk control.		
Resources/Materials <ul style="list-style-type: none"> Toy (e.g., turtle or ball) 	Key Vocabulary: roll, turn, turtle	Support:



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Day 3	<table> <tr> <th data-bbox="375 369 899 405">Topic(s)</th><th data-bbox="899 369 1422 405">Foundation(s)</th></tr> <tr> <td data-bbox="375 405 899 636"> Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus </td><td data-bbox="899 405 1422 636"> PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
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May bat or swipe at nearby toys.	May push or crawl after a ball.				
<p>Activity: Ball Push</p> <p>Use a soft, lightweight ball and gently roll it toward the infant. Encourage them to push it back or crawl after it. Say, "Push the ball!" Great for both arm movement and early crawling motivation.</p>					
Resources/Materials <ul style="list-style-type: none"> Soft ball 	<table> <tr> <td data-bbox="540 1115 878 1197"> Key Vocabulary: ball, push, go </td><td data-bbox="878 1115 1422 1197"> Support: </td></tr> </table>	Key Vocabulary: ball, push, go	Support:		
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Day 4	Topic(s)		Foundation(s)	
	Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus		PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators				
	Younger Infants		Older Infants	
	May crawl or scoot during floor time.		May move intentionally between lily pad targets.	

Activity: Lily Crawl

Place large foam lily pads across a soft mat. Guide the infant to crawl or scoot from one to another. Say, "Let's go to the lily pad!" This encourages full-body movement, crawling strength, and directional play.

Resources/Materials <ul style="list-style-type: none"> Foam or paper lily pads 	Key Vocabulary: crawl, pad, go	Support:
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Month: July Week: 1 Subject: Physical Health & Growth

Day 5	Topic(s)		Foundation(s)	
	Theme: Pond Life & Friends Number: 19 Letter: Rr Color: Teal Shape: Rhombus		PHG2.1 Demonstrate how the five senses support processing information PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Infants		Older Infants	
	May look at or reach for bubbles.		May wave, clap, or kick in excitement.	
Activity: Bubble Lift				
Blow bubbles near the infant while they lie or sit supported. Say, “Up goes the bubble!” Encourage watching, reaching, or gentle swatting. Supports visual tracking and sensory-motor integration.				
Resources/Materials <ul style="list-style-type: none">Bubble solution and wand		Key Vocabulary: bubble, up, pop		Support: