



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

Day 1	Topic(s)	Foundation(s)
	Theme: Blossom Market Number: 13 Letter: Ll Color: Teal Shape: Rhombus	PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	Infants may lift or turn their head during tummy time.	Infants may push up, roll, or reach for nearby objects.
<p>Activity: Tummy Time on Flower Mats</p> <p>Infants will engage in supervised tummy time using colorful flower-shaped mats or floor images. Teachers will place soft toys just out of reach to encourage head control, reaching, and strengthening core muscles.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Soft flower mats or cutouts Plush or high-contrast toys 	head push flower	



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Day 2	Topic(s) Theme: Blossom Market Number: 13 Letter: Ll Color: Teal Shape: Rhombus	Foundation(s) PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	Infants may move arms or wiggle fingers toward objects.	Infants may grasp toys, transfer hand-to-hand, or track objects visually.
Activity: Reach & Grab Infants will practice reaching for large soft flower or market-themed toys held by the teacher or suspended safely above. Older infants may be encouraged to grab and release items or explore them with both hands.		
Resources/Materials <ul style="list-style-type: none"> Flower/market toys 	Key Vocabulary: grab reach hold	Support:

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Infant Curriculum

Day 3	Topic(s)		Foundation(s)	
	Theme: Blossom Market Number: 13 Letter: Ll Color: Teal Shape: Rhombus		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Infants		Older Infants	
	Infants may respond to rhythm by moving arms, legs, or eyes.		Infants may bounce with support or move independently to music.	
Activity: Bounce to Music				
Infants will be bounced gently to the rhythm of music while being held or supported. Older infants may be encouraged to bounce on their knees or sit and clap along. Teachers will label the motions (“bounce, bounce!”) and mirror movements to increase engagement.				
Resources/Materials <ul style="list-style-type: none">• Music player or instrument• Bounce-safe surface		Key Vocabulary: bounce music move		Support:

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Day 4	Topic(s)	Foundation(s)
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Infant Curriculum

	Theme: Blossom Market Number: 13 Letter: L Color: Teal Shape: Rhombus	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
	Infants may watch the teacher drop items or explore containers by touching or mouthing.	Infants may grasp and intentionally drop or place large objects into containers.
Activity: Drop and Place Infants will practice early fine motor skills by exploring how objects go in and out of containers. Teachers will model dropping large, safe items into a bin using phrases like “Drop it in!” or “Place it here.” Older infants will be encouraged to repeat the motion or take turns transferring items, building hand-eye coordination and early spatial awareness.		
Resources/Materials <ul style="list-style-type: none"> • Large soft or chunky items (e.g., blocks, fabric balls) • Shallow containers/bin 	Key Vocabulary: drop in place	Support:

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Day 5	Topic(s)	Foundation(s)
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Infant Curriculum

	Theme: Blossom Market Number: 13 Letter: Ll Color: Teal Shape: Rhombus	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	Infants may enjoy being stretched gently and react to singing.	Infants may mimic simple stretches or gestures with support.
Activity: Stretch & Sing Infants will be guided through simple stretching movements (arms up, arms out, kick feet) along with a familiar song like “This is the Way We Stretch Our Arms.” Teachers will gently assist movement and offer visual cues using hand motions to support motor imitation.		
Resources/Materials <ul style="list-style-type: none"> None 	Key Vocabulary: stretch up feet	Support: