



Month: July Week: 2 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	May roll or gently toss ball with support.	May aim and catch beachball with control.
<p>Activity: Beachball Toss Game</p> <p>Use a large beachball and form a circle. Take turns tossing, catching, or rolling the ball to one another. Practice using both hands and watching carefully for turns. This promotes coordination and cooperative play.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Inflatable beachball 	toss, catch, roll	



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Day 2	Topic(s)		Foundation(s)	
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	Younger Preschool		Older Preschool	
	May follow basic motions like stretching or jumping.		May perform multi-step movement sequences.	
Activity: Group Exercise Routine				
Lead the class in simple exercises like jumping jacks, toe touches, and arm circles. Use fun names like “crab crawl” or “starfish stretch” to make it engaging. Encourage all children to participate and keep moving. This builds physical stamina and group coordination.				
Resources/Materials <ul style="list-style-type: none">None		Key Vocabulary: move, stretch, jump		Support:



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Day 3	Topic(s)		Foundation(s)	
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Preschool		Older Preschool	
	May copy one animal movement.		May create their own ocean animal movements.	
Activity: Ocean Animal Movement Imitation Call out ocean animals and invite children to move like them: swim like a fish, waddle like a penguin, scuttle like a crab. This promotes body awareness and expressive motion. You can play music or tell a story while they act out the animals.				
Resources/Materials <ul style="list-style-type: none">Ocean animal cards or visuals		Key Vocabulary: move, swim, wiggle		Support:



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Day 4	Topic(s)		Foundation(s)	
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	Younger Preschool		Older Preschool	
	May start and stop movement with cue.		May stay frozen and respond quickly to music changes.	
Activity: Freeze Dance Play upbeat music and let children dance freely. Pause the music and call “freeze!” while they hold their pose. Add challenges like freezing in silly shapes or on one foot. This improves listening, balance, and motor skills in a fun format.				
Resources/Materials <ul style="list-style-type: none">Speaker or music player		Key Vocabulary: freeze, dance, stop		Support:



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Day 5	Topic(s)		Foundation(s)	
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	Younger Preschool		Older Preschool	
	May sway or jump to the beat.		May follow a dance pattern or create their own.	
Activity: Dance to Island Music				
Play rhythmic island or Caribbean music and invite children to move their bodies freely. Provide scarves or ribbons for added fun. Ask children to copy dance moves or create their own “island dance.” This promotes cultural appreciation and full-body movement.				
Resources/Materials <ul style="list-style-type: none">Island music playlistScarves or dance ribbons		Key Vocabulary: music, dance, move		Support: