



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

Day 1	Topic(s)	Foundation(s)
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	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
	May lift head briefly during tummy play.	May push up on arms or reach for toys.

Activity: **Tummy Time**

Place infants on their tummies on a soft mat. Position colorful toys slightly out of reach to encourage lifting and reaching. Talk to them at eye level to motivate engagement. Older infants may push up or roll toward toys.

Resources/Materials <ul style="list-style-type: none"> • Soft mat • Colorful toys 	Key Vocabulary: tummy, lift, reach	Support:
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Day 2	Topic(s)		Foundation(s)	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		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	
	May sit with full support from the teacher.		May balance briefly while holding a toy.	
Activity: Assisted Sitting Support infants in a seated position with your hands or a safe seat. Offer toys within reach to encourage grasping and clapping. Praise small efforts to sit tall. Older infants may reach side to side, building balance.				
Resources/Materials <ul style="list-style-type: none">Support cushion or teacher supportSmall toys		Key Vocabulary: sit, toy, balance		Support:



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Day 3	Topic(s)		Foundation(s)	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		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	
	May bear some weight when held upright.		May pull to stand while holding the teacher's hands or furniture.	

Activity: **Supported Standing**

Encourage infants to stand with your help or at a sturdy surface. Let them bounce gently on their legs. Older infants can practice pulling up and shifting weight. Celebrate each attempt at standing.

Resources/Materials <ul style="list-style-type: none"> Sturdy low surface 	Key Vocabulary: stand, strong, up	Support:
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Day 4	Topic(s)		Foundation(s)	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		PHG2.1 Demonstrate how the five senses support processing information PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators	Younger Infants		Older Infants	
	May watch parachute wave and reach for movement.		May pat or push the parachute up and down with support.	
Activity: Parachute Waves				
Spread a small parachute or a small sheet across the floor. Move it slowly up and down, encouraging infants to watch or touch. Talk about the colors and movement as it waves. Older infants can push or pull with assistance, feeling the rhythm.				
Resources/Materials <ul style="list-style-type: none">Small parachute or sheet		Key Vocabulary: wave, up, down		Support:



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Day 5	Topic(s)		Foundation(s)	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		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	
	May push forward or rock on hands and knees.		May crawl toward the toy or the caregiver.	

Activity: **Crawl Encouragement**

Place a favorite toy or caregiver just out of reach on a soft mat. Encourage infants to move forward by reaching or crawling. Cheer on each small movement. Older infants may crawl across the space to reach the goal.

Resources/Materials <ul style="list-style-type: none"> • Soft mat • Favorite toy 	Key Vocabulary: crawl, reach, move	Support:
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