



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 Preschool	Older Preschool
	May carry or drag one fish at a time.	May run, balance, and carry multiple fish.

Activity: **Fishing Relay**

Children will participate in a relay race where they use toy fishing poles or tongs to pick up fish and carry them to a bucket across the room. Younger preschoolers may focus on moving one fish slowly, while older preschoolers work on speed, balance, and accuracy. The teacher will encourage cheering for friends to promote teamwork. This activity builds gross motor strength, balance, and coordination.

Resources/Materials <ul style="list-style-type: none"> • Toy fishing poles or tongs • Paper or plastic fish • Buckets 	Key Vocabulary: run, catch, bucket	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 Preschool		Older Preschool	
	May walk heel-to-toe with teacher support.		May walk independently while balancing objects.	
Activity: Balance Beam Dock Walk Children will pretend the balance beam is a dock over water. Younger preschoolers will practice walking carefully heel-to-toe across the beam with adult support, while older preschoolers may carry a toy fish while balancing. The teacher will encourage children to imagine being “careful fishers” crossing the dock. This develops balance, coordination, and imaginative play.				
Resources/Materials <ul style="list-style-type: none">Balance beam or taped line		Key Vocabulary: dock, walk, 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 Preschool	Older Preschool
	May shake parachute lightly with support.	May lift, lower, and control parachute waves with peers.

Activity: **Parachute Ocean Waves**

Children will use a parachute to create pretend ocean waves. The teacher will guide them to shake gently for “small waves” and lift high for “big waves.” Younger preschoolers will focus on holding the parachute and moving it up and down, while older preschoolers will work together to create coordinated wave patterns. This activity promotes teamwork, coordination, and physical awareness.

Resources/Materials <ul style="list-style-type: none"> Parachute Small foam or paper fish (optional) 	Key Vocabulary: wave, up, down	Support:
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Day 4	Topic(s)	Foundation(s)
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	May toss or catch with assistance.	May toss and catch independently or in pairs.
Activity: Toss and Catch Soft Fish <p>Children will practice tossing and catching using soft plush or beanbag fish. Younger preschoolers may work with an adult or peer, while older preschoolers can toss back and forth with partners. The teacher will remind children to keep eyes on the fish and use both hands. This activity builds hand-eye coordination and cooperative play skills.</p>		
Resources/Materials <ul style="list-style-type: none"> Soft plush or beanbag fish 	Key Vocabulary: toss, catch, fish	Support:



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Day 5	Topic(s) Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	Foundation(s) 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 crawl or step through obstacles with support.	May complete the full obstacle course independently.
<p>Activity: Obstacle Course - Find the Fish</p> <p>Children will navigate an obstacle course to “find and rescue” hidden fish. The course may include crawling under a table, hopping over a pillow, and balancing along a taped line. Younger preschoolers will complete fewer steps with adult help, while older preschoolers will try the full course and collect fish at the end. This activity builds strength, coordination, and problem-solving skills.</p>		
Resources/Materials <ul style="list-style-type: none"> Obstacle course setup (tape, pillows, tunnel, cones) Paper or plush fish 	Key Vocabulary: jump, crawl, find	Support: