



Month: July Week: 3 Subject: Physical Health & Growth

Day 1	Topic(s)		Foundation(s)	
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		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 with support or encouragement.		May roll independently and control their movement.	
Activity: Roll Like Watermelons				
Invite children to lie on their tummies and roll across a soft mat or carpet like round watermelons. Talk about how their bodies feel as they move and remind them to keep their arms and legs tucked in safely. This fun gross motor activity helps build body awareness, coordination, and strength.				
Resources/Materials <ul style="list-style-type: none">Soft mats or carpeted area		Key Vocabulary: roll, round, slow		Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		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 stop and start dancing with assistance.		May freeze and balance in silly positions on their own.	
Activity: Freeze Dance				
Play lively picnic-themed or favorite classroom music and encourage children to dance. Pause the music unexpectedly and prompt them to freeze like statues. This game builds listening skills, self-control, and gross motor coordination in a playful, energetic way.				
Resources/Materials <ul style="list-style-type: none">Music player with speakers		Key Vocabulary: dance, freeze, move		Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle	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 short distances balancing with help.	May balance longer distances independently.

Activity: Balance Plate Walk

Give each child a paper or plastic plate to balance on one hand as they walk across the room, pretending it's a picnic plate of food. Challenge them to move slowly and carefully without dropping their "plate." This strengthens balance, body control, and coordination while adding imaginative fun.

Resources/Materials <ul style="list-style-type: none"> Paper or plastic plates Clear walking path 	Key Vocabulary: balance, careful, steady	Support:
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Day 4	Topic(s)		Foundation(s)		
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		PHG2.2 Demonstrate development of body awareness and physical activity PHG1.1 Demonstrate development of healthy practices		
Indicators	Younger Preschool		Older Preschool		
	May move creatively with encouragement.		May invent their own picnic food dances confidently.		
Activity: Picnic Dance Party					
Play upbeat music and encourage children to create their own dance moves inspired by picnic foods like hopping like popcorn or wiggling like spaghetti. Emphasize that there's no right or wrong way to dance, building self-confidence, creativity, and physical activity in a joyful environment.					
Resources/Materials <ul style="list-style-type: none">• Music player• Open dance space		Key Vocabulary: dance, move, fun		Support:	



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Day 5	Topic(s)		Foundation(s)	
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		PHG1.1 Demonstrate development of healthy practices PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Preschool		Older Preschool	
	May help fold with guidance.		May fold and carry blankets independently.	
Activity: Blanket Fold Relay				
Set up a fun relay where children practice folding small picnic blankets or towels neatly, then carry them to a basket across the room. Emphasize teamwork, personal responsibility, and the importance of keeping picnic spaces clean and organized, while developing coordination and motor planning.				
Resources/Materials <ul style="list-style-type: none">Small blankets or towelsBasket or bin		Key Vocabulary: fold, clean, carry		Support: