



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

Day 1	Topic(s)	Foundation(s)
	Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool	Older Preschool
	May walk through parts of the obstacle course.	May complete the full course with multiple movements.
<p>Activity: Midway Obstacle Course</p> <p>Create an obstacle course with tunnels, balance beams, and cones. Children take turns moving through, practicing crawling, jumping, and balancing. Emphasize moving safely while having fun.</p>		
Resources/Materials <ul style="list-style-type: none">Cones, tunnels, beams	Key Vocabulary: balance, crawl, jump	Support:

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Day 2	Topic(s)	Foundation(s)
	Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool	Older Preschool
	May hop a few steps in the sack.	May complete the race without falling.

Activity: Sack Races

Provide sacks for children to hop in toward the finish line. Encourage cheering and taking turns. This builds leg strength, coordination, and balance.

Resources/Materials	Key Vocabulary: hop, race, finish	Support:
<ul style="list-style-type: none">• Burlap or fabric sacks• Finish line marker		

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Day 3	Topic(s) Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval	Foundation(s) PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool May toss a ring toward a close target.	Older Preschool May aim for more distant targets.
Activity: Ring Toss Set up bottles or cones as targets. Invite children to toss rings and try to land them on the targets. Encourage aiming and practicing hand-eye coordination.		
Resources/Materials <ul style="list-style-type: none">● Plastic rings● Bottles or cones	Key Vocabulary: ring, toss, target	Support:

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Day 4	Topic(s)	Foundation(s)
	Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool	Older Preschool
	May walk with a balloon to pass it.	May run while keeping the balloon balanced.
<p>Activity: Balloon Relay Race</p> <p>Divide children into teams and give each a balloon. They must carry the balloon to a marker and back without dropping it. Encourage safe movement and teamwork.</p>		
Resources/Materials <ul style="list-style-type: none">• Balloons• Markers for turning points	Key Vocabulary: balloon, relay, team	Support:

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Day 5	Topic(s) Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval	Foundation(s) PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool May act out one ride movement.	Older Preschool May complete a sequence of ride movements.
Activity: "Ride Relay" Movement Game Create stations with different ride-inspired movements (spin like a Ferris wheel, gallop like a carousel horse, sway like a swing ride). Children move through each station in a relay format. This promotes imagination, coordination, and endurance.		
Resources/Materials <ul style="list-style-type: none">● Station markers● Ride movement picture cards	Key Vocabulary: ride, move, station	Support: