



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

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



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<b>Day 2</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval	<b>PHG3.1</b> Demonstrate development of fine and gross motor coordination <b>PHG1.2</b> Demonstrate development of safety practices
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	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 <ul style="list-style-type: none"> <li>Burlap or fabric sacks</li> <li>Finish line marker</li> </ul>	Key Vocabulary: hop, race, finish	Support:
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	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 toss a ring toward a close target.		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"><li>Plastic rings</li><li>Bottles or cones</li></ul>		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.	
Activity: Balloon Relay Race				
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.				
Resources/Materials <ul style="list-style-type: none"><li>Balloons</li><li>Markers for turning points</li></ul>		Key Vocabulary: balloon, relay, team		Support:



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

<b>Day 5</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: We're Going to the Fair Number: 3 Letter: Vv Color: Gold Shape: Oval	<b>PHG3.1</b> Demonstrate development of fine and gross motor coordination <b>PHG1.2</b> Demonstrate development of safety practices
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May act out one ride movement.	May complete a sequence of ride movements.
<p>Activity: "Ride Relay" Movement Game</p> <p>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.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Station markers</li> <li>Ride movement picture cards</li> </ul>	ride, move, station	