



## 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	<b>PHG3.1</b> Demonstrate development of fine and gross motor coordination <b>PHG1.2</b> Demonstrate development of safety practices
Indicators		
	Younger Infants	Older Infants
	May lift head briefly while on tummy.	May push up on arms or pivot on tummy.

### Activity: **Tummy Time**

Place infants on their stomachs on a clean mat with a few interesting toys in front. Encourage reaching by placing toys just out of easy grasp. Support younger infants by lying close and making eye contact.

Resources/Materials <ul style="list-style-type: none"> <li>• Play mat</li> <li>• Small toys</li> </ul>	Key Vocabulary: tummy, lift, reach	Support:
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Day 2	<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 Infants</b>		<b>Older Infants</b>		
	May grasp caregiver fingers lightly.		May assist by pulling oneself forward.		
<b>Activity: Assisted Pull to Sit</b> While the infant is lying on their back, gently hold their hands and guide them to a sitting position. Smile and encourage effort by counting “1-2-3 sit!” This helps strengthen core muscles.					
Resources/Materials <ul style="list-style-type: none"><li>None required</li></ul>		Key Vocabulary: sit, up, pull		Support:	



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Day 3	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 Infants		Older Infants	
	May bear weight on legs briefly.		May stand with assistance while exploring table toys.	
Activity: Supported Standing at Table				
Assist infants to stand at a low, sturdy table. Place toys within reach to encourage leaning and grasping. Stay close for support and safety.				
Resources/Materials <ul style="list-style-type: none"><li>Low sturdy table</li></ul>		Key Vocabulary: stand, hold, toy		Support:



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Day 4	<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 Infants</b>		<b>Older Infants</b>	
	May push forward slightly on tummy.		May move on hands and knees towards a toy.	
Activity: <b>Supported Crawling Practice</b> Encourage infants to move forward by placing a toy just ahead. For those not yet crawling, gently guide their knees and arms in motion. Celebrate small efforts to promote confidence.				
Resources/Materials <ul style="list-style-type: none"><li>• Play mat</li><li>• Toys</li></ul>		Key Vocabulary: crawl, move, forward		Support:



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

Day 5	<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 Infants</b>		<b>Older Infants</b>	
	May respond to gentle stretches with smiles or coos.		May imitate simple stretches with arms or legs.	
Activity: <b>Baby Stretch &amp; Wiggle</b>  During floor play, gently guide infants to stretch arms overhead and wiggle feet. Pair movements with a song or rhyme. Encourage older infants to imitate your stretches.				
Resources/Materials <ul style="list-style-type: none"><li>• Soft mat</li><li>• Optional music</li></ul>		Key Vocabulary: stretch, wiggle, move		Support: