



## 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
Indicators	Younger Infants	Older Infants
	May lift head briefly or turn head side to side.	May push up on arms, extend head higher.

### Activity: Tummy Time

Place infants on a soft mat with a big circle toy or paper in front, encouraging head lifting and visual focus. Narrate movements with phrases like “You’re looking at the circle!” For older infants, place toys just out of reach to promote reaching and early crawling motions, building core strength and body awareness.

Resources/Materials <ul style="list-style-type: none"> <li>Soft mat</li> <li>Large circle toy or paper circle</li> </ul>	Key Vocabulary: tummy, look, circle	Support:
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Day 2	<b>Topic(s)</b>		<b>Foundation(s)</b>		
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		PHG3.1 Demonstrate development of fine and gross motor coordination		
Indicators					
	<b>Younger Infants</b>		<b>Older Infants</b>		
	May bat at toys while on tummy.		May scoot or pivot toward toys.		
Activity: Push & Reach					
Place a favorite toy (especially a circular one) just beyond infants’ grasp. Encourage them to reach or push toward it, saying “Reach for the circle!” Praise attempts and progress, helping build arm strength, coordination, and problem-solving.					
Resources/Materials <ul style="list-style-type: none"><li>Favorite toy (circle toy if possible)</li></ul>		Key Vocabulary: push, reach, circle		Support:	



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

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	
Indicators				
	Younger Infants		Older Infants	
	May sit supported for short periods.		May sit longer with less support.	
Activity: Sit Up				
Support infants in a sitting position using your hands or a circular pillow, saying “circle pillow” if used. Gently sway side to side to challenge balance and core strength. For older infants, encourage looking around or reaching for toys, building stability, and postural control.				
Resources/Materials <ul style="list-style-type: none"><li>● Circular pillow or Boppy</li></ul>		Key Vocabulary: sit, up, balance		Support:



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

Day 4	Topic(s)		Foundation(s)	
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	Younger Infants		Older Infants	
	May kick randomly when lying on back.		May kick rhythmically or with excitement.	
Activity: Leg Kicks				
Lay infants on their back and gently bicycle their legs, narrating movements like “Kick one leg!” Emphasize number 1 with single kicks, counting aloud as you move each leg. For older infants, encourage spontaneous kicking by placing a lightweight scarf or paper near feet to kick and move.				
Resources/Materials <ul style="list-style-type: none"><li>Soft mat</li></ul>		Key Vocabulary: kick, leg, one		Support:



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

Day 5	Topic(s)		Foundation(s)	
	Theme: Picnic Adventures Number: 1 Letter: Tt Color: Peach Shape: Circle		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Infants		Older Infants	
	May bear weight briefly with support.		May push down with legs to bounce or stand longer.	
Activity: Stand				
Hold infants under their arms or at their torso, helping them “stand” on your lap or a soft mat. Say “T is for tall!” as they push down, connecting to the week’s letter. For older infants, encourage small bounces to build leg strength and balance, celebrating their efforts.				
Resources/Materials <ul style="list-style-type: none"><li>None</li></ul>		Key Vocabulary: stand, tall, T		Support: