



Month: May Week: 4 Subject: Physical Health & Growth

Day 1	Topic(s) Theme: Safety First Number: 16 Letter: Oo Color: Red Shape: Star	Foundation(s) PHG1.2 Demonstrate development of safety practices
Indicators	Younger Infants	Older Infants
	Watches or responds to movement cues with adult support.	Crawls or scoots after stop/go cues.
Activity: Stop and Go Crawl Use red and green cards while saying “Stop... go!” and clapping or playing soft drum beats. Encourage infants to move, freeze, or crawl with the rhythm. This helps build self-regulation and gross motor skills.		
Resources/Materials <ul style="list-style-type: none"> Red and green cards Drum or hand claps 	Key Vocabulary:	Support:



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Day 2	Topic(s) Theme: Safety First Number: 16 Letter: Oo Color: Red Shape: Star	Foundation(s) PHG2.1 Demonstrate how the five senses support processing information
Indicators	Younger Infants	Older Infants
	Touches or rubs hand along different textures.	Crawls or scoots to explore a texture path.
Activity: Texture Mat Crawl Set up a path with baby-safe textures (fleece, bumpy mats, rubber grip) and let infants explore by crawling or patting. Describe what they're feeling: "This one is soft... this one is rough!" Encourage movement and sensory curiosity.		
Resources/Materials <ul style="list-style-type: none"> Fleece, rubber, bumpy fabric swatches Tape or secure mat 	Key Vocabulary: soft, rough, feel, touch, path	Support:

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Infant Curriculum

Day 3	Topic(s)		Foundation(s)	
	Theme: Safety First Number: 16 Letter: Oo Color: Red Shape: Star		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Infants		Older Infants	
	Rolls toward tunnel or reaches inside.		Crawls through tunnel or low arch to retrieve objects.	
Activity: Tunnel Peek Game				
Create a soft tunnel using a play tube or blanket over chairs. Encourage infants to crawl or peek through, finding a plush firefighter or red toy inside. Celebrate their effort and guide them through if needed.				
Resources/Materials <ul style="list-style-type: none">● Play tunnel or blanket tunnel● Red plush or firefighter toy		Key Vocabulary: crawl, tunnel, peek, go, find		Support:

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Day 4	Topic(s)	Foundation(s)
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Infant Curriculum

	Theme: Safety First Number: 16 Letter: Oo Color: Red Shape: Star	PHG3.1 Demonstrate development of fine motor coordination
Indicators	Younger Infants	Older Infants
	Watches or pulls scarf with hand-over-hand help.	Grasps and pulls scarf from tube independently.
Activity: Scarf Pull from Hose Tube Fill an empty paper towel tube with lightweight scarves. Encourage infants to pull each one out, saying "Pull the hose!" Use this for fine motor coordination and fun pretend play.		
Resources/Materials <ul style="list-style-type: none"> Paper towel tube Red or yellow scarves 	Key Vocabulary: pull, hose, out, red, again	Support:

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Day 5	Topic(s)	Foundation(s)
	Theme: Safety First	PHG1.1 Demonstrate development of



Infant Curriculum

	Number: 16 Letter: Oo Color: Red Shape: Star	healthy practices
Indicators	Younger Infants	Older Infants
	Watches or touches cloth with help during doll washing.	Attempts to wash doll with cloth using guided motion.
Activity: Wash Time Sensory Play Give each infant a soft washcloth and baby doll. Model gentle washing: “Wash baby’s hands... now baby’s feet!” Support infants in mimicking care routines that relate to health and safety.		
Resources/Materials <ul style="list-style-type: none"> • Baby dolls • Soft washcloths (warm, damp) • Small bowl of water (optional) 	Key Vocabulary: wash, baby, clean, soft, hands	Support: