



## Month: July Week: 5 Subject: Physical Health & Growth

<b>Day 1</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review Week	<p><b>PHG2.2</b> Demonstrate development of body awareness and physical activity</p> <p><b>PHG3.1</b> Demonstrate development of fine and gross motor coordination</p>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May crawl on hands and knees or imitate the bear crawl with assistance.	May complete the full bear crawl relay path using coordination and balance.
<p><i>Activity: Bear Crawl Relay</i></p> <p>Set up a relay path where children move like bears, hands and feet on the floor with hips up. Take turns crawling down and back through a marked course. This activity builds upper body strength, coordination, and awareness of how the body moves. Encourage children to stay low and use their whole body to move like a bear in the wild.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Cones or tape to mark the path</li> </ul>	<b>Key Vocabulary:</b> crawl, bear, strong	<b>Support:</b>



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Day 2	Topic(s)	Foundation(s)
	Review Week	<p><b>PHG2.2</b> Demonstrate development of body awareness and physical activity</p> <p><b>PHG3.1</b> Demonstrate development of fine and gross motor coordination</p>
Indicators	Younger Preschool	Older Preschool
	May bend and try waddling with support.	May waddle across the room in a squatting position while staying balanced.
<p>Activity: <i>Duck Waddle Relay</i></p> <p>Children will practice waddling like ducks from one end of the room to the other in a relay-style race. Demonstrate how to bend knees, flap arms, and say “quack!” as they move. This fun movement challenge strengthens lower body muscles and helps children recognize animal motions through physical play.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Duck visuals (optional)</li> </ul>	waddle, duck, move	



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Day 3	Topic(s)	Foundation(s)
	Review Week	<p><b>PHG2.2</b> Demonstrate development of body awareness and physical activity</p> <p><b>PHG3.1</b> Demonstrate development of fine and gross motor coordination</p>
Indicators	Younger Preschool	Older Preschool
	May carry a plate with both hands and walk carefully with assistance.	May walk a full path balancing a plate while maintaining posture.

### Activity: *Balance Plate Walk*

Using a small plastic plate or tray, children will walk across a line or beam while trying not to drop their item. Start with light objects like a sponge or beanbag. This promotes balance, body awareness, and coordination. Encourage children to slow down and focus as they walk.

Resources/Materials <ul style="list-style-type: none"> <li>• Plastic plates or trays</li> <li>• Lightweight objects to balance</li> <li>• Tape or beam for walking path</li> </ul>	Key Vocabulary: balance, walk, careful	Support:
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## Month: July Week: 5 Subject: Physical Health & Growth

<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review Week	<p><b>PHG2.2</b> Demonstrate development of body awareness and physical activity</p> <p><b>PHG3.1</b> Demonstrate development of fine and gross motor coordination</p>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May attempt to catch or hit the ball with guidance.	May toss, catch, or bat the beachball with more accuracy and control.
<p><i>Activity: Beachball Toss Game</i></p> <p>Children will work in pairs or small groups to toss and catch a beachball using two hands. Use music or movement cues to pass the ball or toss it in the air. This activity helps improve hand-eye coordination and encourages teamwork through active play.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Inflatable beachball</li> </ul>	<b>Key Vocabulary:</b> toss, catch, ball	<b>Support:</b>



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<b>Day 5</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review Week	<p><b>PHG1.1</b> Demonstrate development of healthy practices</p> <p><b>PHG2.2</b> Demonstrate development of body awareness and physical activity</p>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May grasp the parachute edge and participate with help.	May shake, lift, and follow instructions for parachute movement.

### Activity: *Parachute Pond Bubbles*

Use a large parachute to mimic the rippling pond water. Children will hold the edges and make “waves,” pop “bubbles” (balloons or light balls), and follow movement cues like lift high or crouch low. This group game supports large motor development and cooperative listening. Connect to the pond theme by pretending frogs or fish are swimming underneath.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Parachute</li> <li>• Lightweight balls or balloons</li> </ul>	<b>Key Vocabulary:</b> parachute, wave, pop	<b>Support:</b>
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