



Month: September Week: 1 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Preschool	Older Preschool
	May step carefully along a taped line with hand support.	May walk heel-to-toe on a narrow path with arms out for balance.

Activity: **Balance Beam Walk**

Lay down tape “beams” of different lengths/widths. Model eyes-forward, arms-out walking, and safe stepping off. Challenge children to cross, turn, and return, noticing strong bodies and steady steps.

Resources/Materials <ul style="list-style-type: none"> Floor tape or balance beams Cones to mark start/finish 	Key Vocabulary: balance, steady, focus	Support:
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Day 2	Topic(s)		Foundation(s)	
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong		PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators				
	Younger Preschool		Older Preschool	
	May lift and shake with the group using two hands.		May vary speed/height on cues and track a ball on the parachute.	
Activity: Parachute Play Practice two-hand holds, big “mountain” lifts, gentle “rain” shakes, and “sugar-bug pop” by bouncing soft gray balls. Emphasize teamwork, eyes on the parachute, and safe feet.				
Resources/Materials <ul style="list-style-type: none">Parachute or large sheetSoft gray balls/pom-poms		Key Vocabulary: lift, shake, together		Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Preschool	Older Preschool
	May carry a light prop around a cone and return.	May run, turn, and hand off smoothly to a teammate.

Activity: **Giant Toothbrush Relay**

Using a foam “toothbrush” (pool noodle), children take turns moving down and back around a cone, then pass to the next runner. Add a quick “brush the giant tooth poster” touch before returning to build purpose and fun.

Resources/Materials <ul style="list-style-type: none"> Foam noodle or large brush prop Cones; tooth poster target 	Key Vocabulary: relay, pass, turn	Support:
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Month: September Week: 1 Subject: Physical Health & Growth

Day 4	Topic(s)		Foundation(s)	
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong		PHG1.1 Demonstrate development of healthy practices PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Preschool		Older Preschool	
	May imitate simple brush/floss actions to a slow count.		May sequence brush-upper, brush-lower, floss, and full-body stretches to 7.	
Activity: Brush-Floss-Stretch Lead a movement routine: brush upper, brush lower, floss side-to-side, then stretch tall and wide. Count to 7 for each action to connect the week's number. Encourage smooth, controlled motions and steady breathing.				
Resources/Materials <ul style="list-style-type: none">• Music/timer (optional)		Key Vocabulary: brush, floss, stretch		Support:



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Day 5	Topic(s) Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong	Foundation(s) PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	May move to and touch an oblong shape when shown.	May scan the room, travel with control, and freeze on “oblong.”
<p>Activity: Find the Shape (Oblong Movement Game)</p> <p>Place oblong shape cards around the room. Play music as children walk, tiptoe, or hop; when the music stops and you call “OBLONG,” they freeze beside the nearest oblong. Rotate locomotor actions and add a quick gray “pose” for fun.</p>		
Resources/Materials <ul style="list-style-type: none"> • Oblong shape cards (gray if possible) • Music player 	Key Vocabulary: oblong, freeze, move	Support: