



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

Day 1	Topic(s)	Foundation(s)
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	May step onto a rectangle with help.	May hop onto rectangles independently.

Activity: Rectangle Hop

Use painter's tape to make large rectangle shapes on the floor. Show toddlers how to step or hop into each rectangle, saying the word "rectangle" as they land. Encourage moving at their own pace, with teachers offering a hand for balance if needed. Repeat several times, praising participation and effort.

Resources/Materials <ul style="list-style-type: none"> • Painter's tape • Open floor space 	Key Vocabulary: hop, step, rectangle	Support:
--	---	----------



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

Day 2	Topic(s)	Foundation(s)
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	May hold parachute edge with assistance.	May shake or lift parachute on cue.

Activity: Parachute Fun

Have toddlers stand in a circle holding onto the edge of a small parachute or sheet. Show them how to make small waves, big waves, and lift it up high. Place a few lightweight balls in the middle and encourage keeping them on while moving the parachute gently. Rotate motions for variety and engagement.

Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> • Small parachute or large sheet • Lightweight balls 	wave, lift, ball	



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

Day 3	Topic(s)	Foundation(s)
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Toddlers	Older Toddlers
	May walk carrying a block with help.	May carry a block from start to finish line independently.

Activity: Block Carry Relay

Mark a starting and ending point with cones or tape. Show toddlers how to carry a large lightweight block from one point to the other, then hand it to the next child. Encourage walking quickly but safely. Celebrate when everyone has had a turn carrying the block.

Resources/Materials <ul style="list-style-type: none"> • Large lightweight blocks • Cones or floor tape 	Key Vocabulary: carry, walk, block	Support:
--	--	-----------------



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

Day 4	Topic(s)	Foundation(s)
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Toddlers	Older Toddlers
	May walk along the line holding a teacher's hand.	May walk the entire line independently.

Activity: Line Walk

Use painter's tape to make a straight line on the floor. Demonstrate how to walk on the line slowly, arms out for balance. Encourage toddlers to try walking forward, then turning and coming back. Offer hands for balance when needed.

Resources/Materials • Painter's tape	Key Vocabulary: walk, line, balance	Support:
--	---	-----------------



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

Day 5	Topic(s)		Foundation(s)	
	Theme: All About Me Number: 4 Letter: Ww Color: White Shape: Rectangle		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Toddlers		Older Toddlers	
	May crawl or walk to the shape with assistance.		May move to the correct shape independently.	
<p>Activity: Shape Crawl</p> <p>Place large laminated shapes, including rectangles, around the play area. Call out “Find the rectangle!” and encourage children to crawl, hop, or walk to it. Repeat with different movements to keep the activity engaging.</p>				
Resources/Materials <ul style="list-style-type: none"> Large laminated shapes 		Key Vocabulary: crawl, find, shape		Support: