



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

Day 1	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong		PHG2.2 Demonstrate development of body awareness and physical activity. PHG3.1 Demonstrate development of fine and gross motor coordination.	
Indicators				
	<b>Younger Toddlers</b>		<b>Older Toddlers</b>	
	Follows one simple motion with visual cues (march, reach).		Imitates a short sequence of 2-3 motions with control.	
<b>Activity: Follow the Leader Exercise</b>  Invite children to line up behind you and “copy the leader.” Start with slow, simple moves like marching, tiptoeing, and reaching up high, then add gentle squats and side steps as attention allows. Name each body action as you move so toddlers notice feet, knees, arms, and balance. Rotate leaders so a few children get a short turn, celebrating safe feet and listening bodies.				
Resources/Materials ● None required		Key Vocabulary: march, tiptoe, reach		Support:



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Day 2	<b>Topic(s)</b>		<b>Foundation(s)</b>		
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong		PHG2.2 Demonstrate development of body awareness and physical activity. PHG3.1 Demonstrate development of fine and gross motor coordination.		
Indicators					
	<b>Younger Toddlers</b>		<b>Older Toddlers</b>		
	Touches one named body part with support.		Touches one named body part with support.		
<p>Activity: <b>Dance to the Music (Head, Shoulders, Knees &amp; Toes)</b></p> <p>Play the song once, <b>slow</b> to practice pointing to each body part with you. Repeat a second and third time, first at a steady pace and then a silly <b>fast</b> version to build attention and control. Encourage big smiles and safe feet that stay in one spot while bending and stretching. End with a “show me your favorite move” moment and a calm, deep breath.</p>					
Resources/Materials		Key Vocabulary:		Support:	
● None required		head, knees, toes			

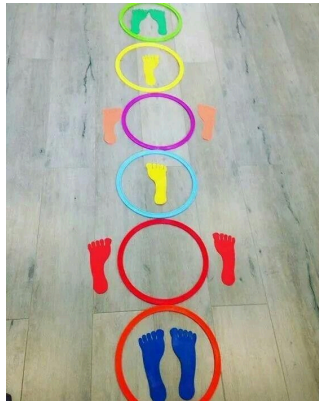


## Month: September Week: 1 Subject: Physical Health & Growth

<b>Day 3</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Oblong	PHG2.2 Demonstrate development of body awareness and physical activity. PHG3.1 Demonstrate development of fine and gross motor coordination.
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	Steps from mark to mark with hand support.	Walks the path independently, stopping and starting on cue.

### Activity: Taped Footprint Path (Safe Floor Tape)

Tape simple footprint or oval outlines on the floor in a gentle curve. Demonstrate heel-to-toe walking on the shapes, arms out for balance, then invite toddlers to try one at a time. Add playful cues like “slow like a turtle... now freeze... now go.” Celebrate careful steps and offer a hand for anyone who wants support.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Painter’s tape or floor-safe tape</li> <li>• Paper footprints or taped ovals (flat and secure)</li> <li>• Cones or signs to mark start/finish (optional)</li> </ul>	<b>Key Vocabulary:</b> step, balance, freeze	<b>Support:</b> 
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## Month: September Week: 1 Subject: Physical Health & Growth

<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	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.
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	Gently releases a lightweight ball toward a nearby target.	Steps and tosses toward a target area from a short distance.

### Activity: **Ball Toss to Tape Targets**

Place large tape circles on a wall or floor at toddler height. Model “look, step, gentle toss,” then cheer any ball that lands near or on a target. Invite children to collect balls and try again from a comfy distance, keeping the pace upbeat and safe. Finish with a quick count of “one, two, three tosses” for success.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Lightweight soft balls</li> <li>• Painter’s tape targets (large circles or squares)</li> </ul>	<b>Key Vocabulary:</b> toss, target, near	<b>Support:</b> 
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## Month: September Week: 1 Subject: Physical Health & Growth

Day 5	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 Toddlers	Older Toddlers
	Walks a short taped path while holding a large spoon.	Balances a lightweight ball on a spoon along a taped zig-zag path.

### Activity: Ball Transfer Zig-Zag (Balance on Spoon)

Tape a wide zig-zag path on the floor. Show how to hold a big spoon flat, place a soft ball on top, then walk **slowly**, eyes forward to the finish. Invite toddlers to try with hand-over-hand support as needed, cheering steady steps and gentle hands. Trade roles so children also help reset balls at the start and celebrate friends at the finish.

#### Resources/Materials

- Wide painter's tape for zig-zag path
- Large plastic or wooden spoons
- Lightweight soft balls

#### Key Vocabulary:

balance, slow, path

#### Support:

