



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

Day 1	Topic(s)	Foundation(s)
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators		
	Younger Infants	Older Infants
	Lifts head briefly and turns it to one side with support.	Pushes up on forearms, reaches toward a toy, or pivots during tummy time.

### Activity: Tummy Time on Circle Mats

Place babies on soft circle mats with a mirror or high-contrast toy just within view. Coach tiny pushes like “lift... look... reach” and reposition elbows under shoulders to encourage weight bearing. Slide a toy slowly in a small arc so infants track and rotate. Offer frequent short breaks to keep the experience positive, then return for another brief try.

Resources/Materials <ul style="list-style-type: none"> <li>Soft circle mats or blankets</li> <li>Baby-safe mirror or high-contrast toys</li> </ul>	Key Vocabulary: lift, look, reach	Support:
--	--------------------------------------	----------



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

Day 2	Topic(s)		Foundation(s)	
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle		PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators	Younger Infants		Older Infants	
	Maintains a supported sit for several seconds while holding a ring.		Reaches across midline for a ring and returns to upright with minimal support.	
Activity: Supported Sit and Ring Reach				
Seat infants with a U-shaped pillow or your knees behind for trunk support. Present a large ring slightly to the side to promote a cross-body reach, then offer the other hand to switch and transfer. Name body parts as you help, “hands on, tummy tall,” and let babies bang or mouth the ring before offering another reach. End with a gentle stretch up and a smile.				
Resources/Materials <ul style="list-style-type: none"><li>Support pillows</li></ul>		Key Vocabulary: sit, reach, hands		Support:



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

<b>Day 3</b>	<table> <tr> <th data-bbox="375 369 899 405">Topic(s)</th><th data-bbox="899 369 1414 405">Foundation(s)</th></tr> <tr> <td data-bbox="375 405 899 600"> Theme: Healthy Teeth  Number: 7  Letter: Aa  Color: Gray  Shape: Circle </td><td data-bbox="899 405 1414 600"> PHG3.1 Demonstrate development of fine and gross motor coordination  PHG1.2 Demonstrate development of safety practices </td></tr> </table>	Topic(s)	Foundation(s)	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Topic(s)	Foundation(s)				
Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices				
<b>Indicators</b>	<table> <tr> <th data-bbox="375 695 899 762">Younger Infants</th><th data-bbox="899 695 1414 762">Older Infants</th></tr> <tr> <td data-bbox="375 762 899 856">Pulls to stand with assistance and shifts weight with support.</td><td data-bbox="899 762 1414 856">Cruises along a low surface or pushes a stable walker with control.</td></tr> </table>	Younger Infants	Older Infants	Pulls to stand with assistance and shifts weight with support.	Cruises along a low surface or pushes a stable walker with control.
Younger Infants	Older Infants				
Pulls to stand with assistance and shifts weight with support.	Cruises along a low surface or pushes a stable walker with control.				
<p><b>Activity: Cruise and Push Toy Parade</b></p> <p>Set up a safe path along low furniture or a sturdy push toy. Help infants plant feet wide, stand tall, and take slow side steps while holding the surface, narrating “step... step... stop.” For walkers, model hands on the push bar and take a slow parade to a taped finish line. Reinforce safety, two hands on, eyes forward, adult close, then celebrate with claps at the finish.</p>					
Resources/Materials <ul style="list-style-type: none"> <li>Low, stable furniture or push walkers</li> <li>Painter’s tape start/finish marks</li> </ul>	<table> <tr> <td data-bbox="540 1182 881 1434"> Key Vocabulary: step, stop, safe </td><td data-bbox="881 1182 1414 1434"> Support: </td></tr> </table>	Key Vocabulary: step, stop, safe	Support:		
Key Vocabulary: step, stop, safe	Support:				



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

Day 4	Topic(s)		Foundation(s)	
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle		PHG3.2 Demonstrate development of oral motor skills PHG1.1 Demonstrate development of healthy practices	
Indicators	Younger Infants		Older Infants	
	Explores a teether with gums and brings hands to midline.		Alternates side-to-side chewing and imitates simple oral sounds.	
Activity: <b>Teether Time</b> Offer chilled (not frozen) teethers and guide infants to hold at midline and bring to the mouth. Model gentle side-to-side chewing, quiet lip pops, and a relaxed “ah” to build mouth movement variety. Pause between tries so babies notice the feel and reset posture. Wash teethers as needed and store them to reinforce healthy practice.				
Resources/Materials <ul style="list-style-type: none"><li>Chilled silicone teethers (sanitized)</li></ul>		Key Vocabulary: chew, lips, ah		Support:



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

Day 5	Topic(s)		Foundation(s)	
	Theme: Healthy Teeth Number: 7 Letter: Aa Color: Gray Shape: Circle		PHG4.1 Demonstrate increased independence in personal care routines PHG1.1 Demonstrate development of healthy practices	
Indicators	Younger Infants		Older Infants	
	Accepts adult support at the sink and tolerates water over hands.		Reaches to the water stream, rubs hands together with soap, and helps dry hands.	
Activity: Handwashing at the Sink				
Bring infants to the sink one at a time (or two with two adults), using a non-slip step or secure hip hold. Warm the water, help the baby wet hands, then pump a small amount of gentle soap into their palms and <b>hand-over-hand</b> rub “wash, wash.” Rinse under the stream, helping turn hands to clean fronts and backs, then guide to a paper towel to pat dry and drop in the trash. Narrate the 3 steps every time: “water, soap, dry” so the sequence becomes familiar. Stay within arm’s reach at all times; never leave a child at the sink unattended.				
Resources/Materials <ul style="list-style-type: none"><li>Sink with warm running water</li><li>Gentle liquid soap dispenser</li></ul>		Key Vocabulary: wash, water, soap		Support: