




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

Day 1	Topic(s)	Foundation(s)
	Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle	<b>PHG2.2</b> Demonstrate development of body awareness and physical activity  <b>PHG3.1</b> Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	May use hands or sponges to scrub pumpkin surfaces.	May use brushes and water to clean pumpkins thoroughly and compare results.

### Activity: Clean the Pumpkins

Teachers will provide pumpkins, water, and sponges for children to clean. Younger preschoolers will enjoy sensory exploration as they scrub with their hands or sponges, while older preschoolers may use brushes to clean more carefully. This activity builds hand strength and coordination while connecting to practical life skills. Teachers can extend learning by discussing how farmers clean and prepare pumpkins for markets.

Resources/Materials <ul style="list-style-type: none"> <li>• Pumpkins</li> <li>• Water tubs</li> <li>• Sponges and brushes</li> </ul>	Key Vocabulary: clean, wash, scrub, water, farmer	Support: 
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## Month: October Week: 1 Subject: Physical Health & Growth

Day 2	Topic(s)		Foundation(s)	
	Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle		PHG2.1 Demonstrate how the five senses support processing information  PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Preschool		Older Preschool	
	May clap or move along with simple motions.		May act out verses with whole-body movements.	
Activity: Five Little Pumpkins Action Song				
Children will perform the motions to “Five Little Pumpkins” while singing the song. Younger preschoolers may focus on clapping or simple hand gestures, while older preschoolers will take on bigger movements such as pretending to roll or jump like pumpkins. This combines music, movement, and body awareness in a playful way.				
Resources/Materials <ul style="list-style-type: none"><li>“Five Little Pumpkins” song</li></ul>		Key Vocabulary: pumpkin, clap, roll		Support:




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<b>Day 3</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle	<b>PHG3.1</b> Demonstrate development of fine and gross motor coordination  <b>PHG2.2</b> Demonstrate development of body awareness and physical activity
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May scoop pumpkin seeds with hands.	May use tweezers or tongs to move seeds from one container to another.

### Activity: **Pumpkin Seed Fine Motor**

Children will practice fine motor control by moving pumpkin seeds between bowls using tweezers, spoons, or fingers. Younger preschoolers will focus on scooping and pouring, while older preschoolers will use tweezers for more precise control. Teachers can extend the activity by encouraging counting or sorting seeds.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Pumpkin seeds (cleaned and dried)</li> <li>Bowls, tweezers, spoons</li> </ul>	<b>Key Vocabulary:</b> seed, scoop, pick	<b>Support:</b>  <p>Pumpkin Seed Transfer</p> <p>childcareland.com</p>
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## Month: October Week: 1 Subject: Physical Health & Growth

<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle	<b>PHG2.1</b> Demonstrate how the five senses support processing information  <b>PHG3.2</b> Demonstrate development of oral motor skills
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May point to or name orange objects they see.	May describe orange items in detail and compare them to pumpkins.

### Activity: **Exploration Walk: Find Orange Items**

Teachers will take children on a walk around the school or playground to search for orange items. Children will use their senses to observe and name what they see. Younger preschoolers may point or say single words like “orange ball,” while older preschoolers may compare items by size, shape, or function. Teachers can connect discoveries to the pumpkin theme by asking, “How is this like a pumpkin?”

Resources/Materials <ul style="list-style-type: none"> <li>Clipboards with orange stickers (optional)</li> </ul>	Key Vocabulary: orange, find, look	Support:
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## Month: October Week: 1 Subject: Physical Health & Growth

<b>Day 5</b>	<b>Topic(s)</b> Theme: Pumpkin Palooza Number: 10 Letter: Dd Color: Orange Shape: Circle	<b>Foundation(s)</b> <b>PHG2.2</b> Demonstrate development of body awareness and physical activity  <b>PHG3.1</b> Demonstrate development of fine and gross motor coordination
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May roll or carry small pumpkins a short distance.	May run a relay with peers, rolling or carrying pumpkins while balancing.
<p>Activity: <b>Pumpkin Relay</b></p> <p>Children will participate in a pumpkin relay race. Younger preschoolers may roll or carry small pumpkins across a short distance, while older preschoolers can work in teams, passing pumpkins back and forth or completing obstacle-style relays. Teachers will encourage teamwork, cheering, and practicing safe body control while running or rolling pumpkins.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Small pumpkins (light enough for children to carry)</li> <li>• Cones or markers to set up relay lanes</li> </ul>	<b>Key Vocabulary:</b> relay, roll, carry, race	<b>Support:</b>