



Month: September Week: 2 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators		
	Younger Infants	Older Infants
	May lift head briefly during tummy time.	May reach toward or push up to look at pictures.

Activity: Tummy Time with Fruit Pictures

Place large laminated fruit pictures on the floor in front of infants during tummy time. Move the pictures slowly side to side to encourage head turning and reaching. Talk about the colors and fruit names while they explore. Older infants may attempt to push up or scoot toward the pictures.

Resources/Materials <ul style="list-style-type: none"> Laminated fruit pictures 	Key Vocabulary: reach, fruit, color	Support:
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Day 2	Topic(s)		Foundation(s)	
	Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb		PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators				
	Younger Infants		Older Infants	
	May watch as the ball is rolled to them.		May push or roll the ball back.	
Activity: Ball Play Sitting				
Sit infants on the floor or with support and roll a soft ball gently toward them. Encourage them to reach out and touch or push the ball. Older infants may begin rolling the ball back to you, practicing coordination. Repeat several times to build awareness and arm movement.				
Resources/Materials <ul style="list-style-type: none">Soft balls		Key Vocabulary: roll, push, catch		Support:



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Day 3	Topic(s)		Foundation(s)	
	Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Infants		Older Infants	
	May watch as the rattle moves side to side.		May reach, grasp, and shake the rattle.	
Activity: Reaching for Rattles				
Hold up fruit-shaped rattles just above infants while they are on their back or sitting with support. Encourage them to reach, grasp, and shake. Talk about the colors and make the rattles jingle to keep attention. Older infants may transfer the rattle from one hand to the other.				
Resources/Materials <ul style="list-style-type: none">Rattles		Key Vocabulary: shake, reach, hand		Support:



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Day 4	Topic(s)		Foundation(s)	
	Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb		PHG2.1 Demonstrate how the five senses support processing information	
Indicators	Younger Infants		Older Infants	
	May relax as arms and legs are moved gently.		May attempt to copy stretches with support.	
Activity: Gentle Stretching with Music				
Play soft instrumental music while helping infants stretch their arms and legs gently. Move their arms up and down, and their legs in a gentle “bicycle” motion. Talk softly as you stretch, saying words like “up,” “down,” and “kick.” Older infants may begin imitating the movements on their own.				
Resources/Materials <ul style="list-style-type: none">Music player with soft music		Key Vocabulary: up, down, kick		Support:



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Day 5	Topic(s)		Foundation(s)	
	Theme: Rainbow of Fruits Shape: Octagon Number: 8 Color: Purple Letter: Bb		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	Younger Infants		Older Infants	
	May roll with support or encouragement.		May crawl, scoot, or cruise through obstacles.	
Activity: Crawling/Rolling Obstacle				
Set up a simple obstacle course with soft mats, a tunnel, or pillows for infants to crawl or roll around. Encourage younger infants to roll on mats, while older infants crawl through the tunnel or over soft pillows. Clap and cheer as they move through the course. This activity builds strength, coordination, and confidence in movement.				
Resources/Materials <ul style="list-style-type: none">Soft mats, pillows, or small tunnel		Key Vocabulary: crawl, roll, move		Support: