



## Month: September Week: 3 Subject: Physical Health & Growth

Day 1	<b>Topic(s)</b>		<b>Foundation(s)</b>		
	Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc		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>		
	May run or climb with teacher support.		May balance, jump, or throw balls with coordination.		
Activity: <b>Outdoor Play Exploration</b> Children engage in outdoor free play using balls, hoops, and chalk. Teachers encourage running, climbing, and jumping to strengthen gross motor skills. Toddlers practice hand-eye coordination with ball rolling and hoop tossing.					
Resources/Materials <ul style="list-style-type: none"><li>• Balls, hoops</li><li>• Chalk</li></ul>		Key Vocabulary: run, jump, ball, play		Support:	



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Day 2	<b>Topic(s)</b>		<b>Foundation(s)</b>		
	Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc		PHG2.2 Demonstrate development of body awareness and physical activity		
Indicators					
	<b>Younger Toddlers</b>		<b>Older Toddlers</b>		
	May stomp or clap to music.		May copy simple steps in rhythm.		
Activity: <b>Dance &amp; Movement - Cumbia Steps</b> Children practice simple Cumbia dance steps. The teacher shows side-to-side steps and clapping. Children follow along while moving to the music. This develops rhythm, balance, and coordination.					
Resources/Materials <ul style="list-style-type: none"><li>• Music player</li><li>• Cumbia music</li></ul>		Key Vocabulary: dance, step, clap, music		Support:	



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Day 3	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc		PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators				
	<b>Younger Toddlers</b>		<b>Older Toddlers</b>	
	May clap hands or march in place.		May move side-to-side in rhythm.	

### Activity: **Rhythm & Balance - Merengue Practice**

Children explore Merengue through clapping and stomping to music. The teacher models simple steps and helps children balance while moving. Toddlers develop rhythm awareness and strengthen balance skills through repeated practice.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Music player</li> <li>• Merengue music</li> </ul>	<b>Key Vocabulary:</b> rhythm, balance, clap, stomp	<b>Support:</b>
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## Month: September Week: 3 Subject: Physical Health & Growth

Day 4	Topic(s)		Foundation(s)	
	Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc		PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators				
	Younger Toddlers		Older Toddlers	
	May attempt forward steps with guidance.		May combine steps with clapping.	

### Activity: **Coordination with Salsa Moves**

Play Salsa music and demonstrate simple forward-and-back steps. Children practice with the teacher and then with a peer. Encourage clapping along to help keep the rhythm. This improves coordination, balance, and social play.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Music player</li> <li>• Salsa music</li> </ul>	<b>Key Vocabulary:</b> salsa, step, clap, move	<b>Support:</b>
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## Month: September Week: 3 Subject: Physical Health & Growth

<b>Day 5</b>	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc		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>	
	May move their arms and legs freely to the music.		May repeat favorite dance steps from the week.	

### Activity: **End-of-Week Dance Party**

Celebrate Hispanic Heritage with a group dance party. Replay Cumbia, Merengue, and Salsa music for children to enjoy. Encourage each child to show their favorite moves while the group cheers them on. This builds confidence, coordination, and joy in movement.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Music player</li> <li>• Playlist with Cumbia, Merengue, Salsa</li> </ul>	<b>Key Vocabulary:</b> dance, party, music, move, celebrate	<b>Support:</b>
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