



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

Day 1	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 PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	Younger Infants		Older Infants	
	May lift head during tummy time.		May reach for or push toys while on tummy.	
Activity: Tummy Time with Toys				
Place rattles, scarves, or soft balls within reach during tummy time. Encourage infants to lift their heads, reach, and grasp. Teachers move toys slowly to motivate tracking and movement.				
Resources/Materials <ul style="list-style-type: none">Scarves, rattles, soft balls		Key Vocabulary: lift, reach, toy, move		Support:



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

Day 2	Topic(s) Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc	Foundation(s) PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May bounce in caregiver's arms.	May stand with support and sway to music.
Activity: Assisted Dancing Play Hispanic music and help infants move with rhythm. Younger infants bounce in laps, while older infants stand holding the teacher's hands to sway or step. This builds balance, coordination, and body awareness.		
Resources/Materials <ul style="list-style-type: none"> • Music player • Hispanic music playlist 	Key Vocabulary: dance, move, step, bounce	Support:



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

Day 3	Topic(s) Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc	Foundation(s) 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
	May watch the scarf move and track with eyes.	May roll towards the scarf to reach it.
Activity: Rolling for Scarves Wave colorful scarves just out of reach and encourage infants to roll toward them. Cheer for effort and movement. This strengthens gross motor skills and body awareness.		
Resources/Materials <ul style="list-style-type: none"> • Music player • Musical toys 	Key Vocabulary: crawl, music, go, move	Support:



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 Infants		Older Infants	
	May rock on hands and knees.		May crawl towards the music.	
Activity: Crawling to Music Play upbeat Hispanic music and place toys or instruments across the mat. Encourage infants to crawl or scoot toward the sounds. This builds coordination, strength, and motivation to move.				
Resources/Materials <ul style="list-style-type: none">• Music player• Musical toys		Key Vocabulary: crawl, music, go, move		Support:



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

Day 5	Topic(s) Theme: Celebrating Hispanic Heritage Shape: Hexagon Number: 9 Color: Brown Letter: Cc	Foundation(s) 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
	May bounce or clap with teacher support.	May sway, stomp, or clap independently.
<p>Activity: End-of-Week Dance Party</p> <p>Celebrate the week by replaying Cumbia, Merengue, and Salsa music. Infants move at their own level such as bouncing, clapping, swaying, or crawling. Teachers model joyful movements and encourage participation.</p>		
Resources/Materials <ul style="list-style-type: none"> • Music player • Playlist with Hispanic music 	Key Vocabulary: dance, clap, bounce, music	Support: