



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 Preschool		Older Preschool	
	May run, jump, and climb during outdoor play.		May show balance, coordination, and control during movement.	
Activity: Outdoor Play Exploration Children participate in unstructured outdoor play where they can run, jump, and climb. The teacher provides balls, hoops, and chalk for drawing hopscotch or paths. Children practice both fine motor (throwing, drawing) and gross motor (running, hopping, skipping) skills. Outdoor time promotes healthy bodies, independence, and social play with peers.				
Resources/Materials <ul style="list-style-type: none">Balls, hoops, jump ropes		Key Vocabulary: jump, run, play		Support:



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Day 2	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 Preschool		Older Preschool	
	May move to music with large body motions.		May follow steps and stay in rhythm.	

Activity: **Dance & Movement - Cumbia Steps**

Children learn simple Cumbia dance steps as part of their physical activity. The teacher models side steps and claps, then the children repeat. They practice moving to the rhythm while also coordinating hand and foot movements. This activity develops balance, rhythm, and cultural appreciation.

Resources/Materials <ul style="list-style-type: none"> • Music player • Cumbia music 	Key Vocabulary: dance, step, rhythm, move, clap	Support:
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Day 3	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 Preschool	Older Preschool
	May clap or stomp with encouragement.	May follow multi-step movements with balance.

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

Children practice Merengue dance steps to improve coordination and rhythm. The teacher demonstrates side-to-side stepping while clapping hands. Children try balancing while keeping time with the music. This activity strengthens both motor coordination and the ability to follow rhythmic patterns.

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

Day 4	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 Preschool	Older Preschool
	May attempt simple steps with teacher support.	May perform a sequence of steps independently.
Activity: Coordination with Salsa Moves Children are introduced to Salsa steps, focusing on coordination and quick footwork. The teacher models forward-and-back steps with claps, then children practice in pairs or as a group. They take turns leading and following movements to improve coordination and teamwork. Salsa's energy also provides a healthy physical outlet for students.		
Resources/Materials <ul style="list-style-type: none"> • Music player • Salsa music 	Key Vocabulary: salsa, forward, back, steps	Support:



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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 Preschool	Older Preschool
	May join group dances with simple motions.	May combine several steps into a longer routine.
<p>Activity: End-of-Week Dance Party</p> <p>Children celebrate Hispanic Heritage Week with a group dance party. They review the dances they practiced throughout the week- Cumbia, Merengue, and Salsa. Each child is encouraged to show off their favorite moves, while others cheer them on. The activity builds confidence, physical endurance, and cultural appreciation while fostering joy and community.</p>		
Resources/Materials <ul style="list-style-type: none"> • Music player • Playlist with Cumbia, Merengue, and Salsa music 	Key Vocabulary: dance, celebrate, move, together, music	Support: