



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

Day 1	Topic(s)		Foundation(s)	
	Theme: Let's Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square		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 imitate animal movement with support.		May move with balance, speed, or coordination.	
Activity: Animal Moves				
Turn the classroom or outdoor space into an “animal gym.” Call out different zoo animals and have children act out their movements: stomp like an elephant, hop like a frog, swing like a monkey. Add music to keep energy high and coordination fun!				
Resources/Materials <ul style="list-style-type: none">Animal cards or movement visualsMusic player		Key Vocabulary: hop, swing, stomp		Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Let's Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square		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 physical activities with support.		May move through multiple tasks in a sequence.	

Activity: **Zookeeper Course**

Create a mini obstacle course: crawl through a tunnel, balance on a line, toss "food" into animal bins, carry water. Pretend they're zookeepers completing daily tasks. Encourage perseverance and celebrate all efforts!

Resources/Materials <ul style="list-style-type: none"> Tunnels, cones, bean bags, buckets Stuffed animals or bins 	Key Vocabulary: balance, toss, crawl	Support:
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Day 3	Topic(s)		Foundation(s)	
	Theme: Let's Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square		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 follow a path or shape with movement.		May describe and walk a geometric path with control.	
Activity: Square Walk				
Tape large squares on the floor or draw them outside. Children will walk, hop, or tiptoe around the shape. Talk about sides and corners as they move. Challenge older children to lead the group or use verbal cues to direct peers.				
Resources/Materials <ul style="list-style-type: none">Painter's tape or sidewalk chalkShape visuals		Key Vocabulary: square, corner, side		Support:



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Day 4	<table><tr><th>Topic(s)</th><th>Foundation(s)</th></tr><tr><td>Theme: Let’s Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square</td><td>PHG1.1 Demonstrate development of healthy practices</td></tr></table>		Topic(s)	Foundation(s)	Theme: Let’s Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square	PHG1.1 Demonstrate development of healthy practices
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Indicators						
	<table><tr><th>Younger Preschool</th><th>Older Preschool</th></tr><tr><td>May toss or roll items toward a target.</td><td>May aim and hit targets with coordination.</td></tr></table>	Younger Preschool	Older Preschool	May toss or roll items toward a target.	May aim and hit targets with coordination.	
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Activity: **Feed Toss**

Set up bins labeled with animal names. Provide soft balls or beanbags as pretend "food." Children will take turns tossing food into each animal's bin. Talk about what animals eat and practice turn-taking, aiming, and gentle competition.

Resources/Materials <ul style="list-style-type: none"> • Beanbags or soft balls • Labeled bins with animal pictures 	Key Vocabulary: toss, aim, feed	Support:
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Day 5	Topic(s)		Foundation(s)	
	Theme: Let’s Go to the Zoo Number: 18 Letter: Qq Color: Purple Shape: Square		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 follow simple instructions and move with support.		May complete multiple steps independently and practice hygiene after the activity.	
Activity: Animal Relay				
Divide the class into small teams. Children will take turns running, hopping, or crawling in an animal-themed relay race. Each round, change the animal movement.				
Resources/Materials <ul style="list-style-type: none">Cones or markers		Key Vocabulary: race, turn, move		Support: