



## Month: September Week: 4 Subject: Physical Health & Growth

<b>Day 1</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review	<p><b>PHG2.2</b> Demonstrate development of body awareness and physical activity</p> <p><b>PHG3.1</b> Demonstrate development of fine and gross motor coordination</p>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May crawl under, step over, or walk around simple obstacles with support.	May complete an obstacle course independently, running, hopping, or balancing.
<p>Activity: <b>Obstacle Course</b></p> <p>Children will move through a simple obstacle course using classroom or outdoor items (cones, chairs, tunnels, hoops). Younger preschoolers will practice crawling, stepping, and balancing with teacher support. Older preschoolers will be challenged to complete the course in sequence and try faster runs. Teachers will prompt children to notice how their bodies move and what helps them stay balanced.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Cones, hoops, tunnels, chairs, pillows</li> </ul>	<b>Key Vocabulary:</b> crawl, hop, balance	<b>Support:</b>



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Day 2	Topic(s)	Foundation(s)
	Review	<p><b>PHG2.2</b> Demonstrate development of body awareness and physical activity</p> <p><b>PHG3.1</b> Demonstrate development of fine and gross motor coordination</p>
Indicators	Younger Preschool	Older Preschool
	May roll or catch a large ball with two hands.	May throw, kick, and catch smaller balls with control.
<p>Activity: <b>Ball Skills Practice</b></p> <p>Children will practice rolling, throwing, and catching balls with partners. Younger preschoolers will start with large soft balls to roll or gently toss. Older preschoolers will use smaller balls to practice throwing into baskets or kicking to a partner. Teachers will model safe ball play and encourage teamwork.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Large and small soft balls</li> </ul>	roll, throw, catch	



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<b>Day 3</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review	<p><b>PHG2.1</b> Demonstrate how the five senses support processing information</p> <p><b>PHG2.2</b> Demonstrate development of body awareness and physical activity</p>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May imitate simple yoga poses with support.	May hold poses for several seconds and describe how it feels in their body.

### Activity: **Yoga & Stretching**

Children will participate in a guided yoga and stretching session. Younger preschoolers will copy simple poses like “tree” or “star.” Older preschoolers will hold poses longer, practice balance, and describe what their body feels like when stretching. Teachers will encourage calm breathing and focus.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Visual pose cards (optional)</li> </ul>	<b>Key Vocabulary:</b> stretch, balance, breathe	<b>Support:</b>
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<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review	<p><b>PHG2.2</b> Demonstrate development of body awareness and physical activity</p> <p><b>PHG3.1</b> Demonstrate development of fine and gross motor coordination</p>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May hold the parachute edge and shake it with peers.	May follow parachute game directions (lift high, go under, shake fast/slow).

### Activity: **Parachute Play**

Children will work together to move a parachute (or large sheet) in different ways. Younger preschoolers will practice holding and shaking it with help. Older preschoolers will follow group directions (make a “tent,” bounce a ball on the parachute, lift high and low). This activity encourages teamwork and body coordination.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Parachute or large sheet</li> <li>Lightweight balls (optional)</li> </ul>	<b>Key Vocabulary:</b> shake, lift, together, up, down	<b>Support:</b>
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## Month: September Week: 4 Subject: Physical Health & Growth

<b>Day 5</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review	<p><b>PHG3.1</b> Demonstrate development of fine and gross motor coordination</p> <p><b>PHG4.1</b> Demonstrate increased independence in personal care routines</p>
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May use hands to grasp, stack, and fit objects.	May use small tools (tweezers, crayons, scissors) with control.

### Activity: **Fine Motor Review Centers**

Children will rotate through fine motor centers: playdough rolling, bead threading, scissor cutting, and lacing cards. Younger preschoolers will focus on grasping and stacking, while older preschoolers will practice more advanced tasks like cutting along lines or threading beads into patterns. Teachers will emphasize how strong fingers help with writing and self-care tasks.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Playdough, beads, lacing cards, scissors</li> <li>• Paper, crayons</li> </ul>	<b>Key Vocabulary:</b> hands, fingers, cut, roll, strong	<b>Support:</b>
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