




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

Day 1	Topic(s)	Foundation(s)
	Review Week	<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 Infants	Older Infants
	May lift head briefly during tummy time.	May push up on arms and reach toward pictures.

### Activity: **Tummy Time with Fall Pictures**

Teachers will place infants on their tummies with colorful fall photos (leaves, pumpkins, trees) in front of them. Younger infants will practice lifting their heads to look at the pictures. Older infants will push up on arms and try reaching or patting the pictures. Teachers will encourage effort and talk about what they see in the photos.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Fall photos or laminated picture cards</li> </ul>	<b>Key Vocabulary:</b> tummy, up, leaf, fall, look	<b>Support:</b> 
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<b>Day 2</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review Week	<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 Infants</b>	<b>Older Infants</b>
	May sit with support while reaching for toys.	May sit independently and grasp toys nearby.
<p><b>Activity: Supported Sitting &amp; Reach</b></p> <p>Infants will sit with teacher support or independently while toys are placed slightly out of reach. Younger infants will lean forward to grab toys with encouragement. Older infants will practice reaching, grasping, and switching toys between hands. Teachers will cheer and say, “You got it!” when infants succeed, building strength and confidence.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Soft toys, rattles, blocks</li> </ul>	<b>Key Vocabulary:</b> sit, reach, toy, grab, play	<b>Support:</b>



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

<b>Day 3</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review Week	<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 Infants</b>	<b>Older Infants</b>
	May try tummy scooting or rocking on knees.	May crawl over soft obstacles with teacher guidance.

### Activity: Assisted Crawling Over Pillows

Teachers will set up soft pillows or mats for infants to crawl across. Younger infants will get support to belly-scoot or roll over the pillows. Older infants will crawl over independently, practicing balance and coordination. Teachers will model clapping or cheering at the end of the “crawl path.”

#### Resources/Materials

- Soft pillows or mats

#### Key Vocabulary:

crawl, over, up, down, move

#### Support:






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Day 4	Topic(s)	Foundation(s)
	Review Week	<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 Infants	Older Infants
	May pull up with support while holding a push toy.	May walk forward while pushing a push toy.

### Activity: Push Toys Practice

Teachers will provide sturdy push toys (carts, walkers). Younger infants will practice pulling up to stand while holding the toy. Older infants will walk with support, pushing the toy across the room. Teachers will encourage safe walking and praise balance and effort.

Resources/Materials <ul style="list-style-type: none"> <li>Sturdy push toys</li> </ul>	Key Vocabulary: push, walk, stand	Support: 
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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 Week	<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 Infants</b>	<b>Older Infants</b>
	May bounce or sway with teacher support.	May clap, bounce, or dance with peers to the music.

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

Teachers will play lively children's music for a group dance celebration. Younger infants will bounce or sway in a caregiver's arms. Older infants will clap, stomp, or dance along with the rhythm. Teachers will encourage everyone to move together, ending the week with fun, energy, and laughter.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Music player with upbeat children's songs</li> </ul>	<b>Key Vocabulary:</b> dance, move, clap, stomp	<b>Support:</b>
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