



## Month: October Week: 2 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Theme: Scarecrows & Fall on the Farm Number: 11 Letter: Ee Color: Tan Shape: Rectangle	<b>PHG2.2</b> Demonstrate development of body awareness and physical activity  <b>PHG3.1</b> Demonstrate development of fine and gross motor coordination
Indicators		
	Younger Infants	Older Infants
	May roll from back to side with support.	May roll fully from back to tummy or tummy to back.

### Activity: **Assisted Rolling Practice**

Teachers will encourage infants to roll by gently guiding them from side to side. Toys will be placed just out of reach to motivate rolling. Younger infants will need support, while older infants may attempt rolling independently. Teachers will clap and celebrate each attempt to build confidence.

Resources/Materials <ul style="list-style-type: none"> <li>Small toy for motivation</li> </ul>	Key Vocabulary: oll, side, tummy, back, reach	Support:
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## Month: October Week: 2 Subject: Physical Health & Growth

<b>Day 2</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Scarecrows & Fall on the Farm Number: 11 Letter: Ee Color: Tan Shape: Rectangle	<b>PHG2.2</b> Demonstrate development of body awareness and physical activity  <b>PHG4.1</b> Demonstrate increased independence in personal care routines
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May respond by moving arms or legs during stretches.	May anticipate stretches and move along with the song.

### Activity: Gentle Stretching with Songs

Teachers will sing simple songs like “Head, Shoulders, Knees, and Toes” while gently guiding infants through stretches. Younger infants will enjoy being stretched and moved, while older infants may begin imitating simple motions. This activity builds flexibility, body awareness, and rhythm.

Resources/Materials <ul style="list-style-type: none"> <li>Teacher-led song</li> <li>Soft play mat</li> </ul>	Key Vocabulary: head, shoulders, knees, toes, stretch	Support:
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## Month: October Week: 2 Subject: Physical Health & Growth

<b>Day 3</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Scarecrows & Fall on the Farm Number: 11 Letter: Ee Color: Tan Shape: Rectangle	<b>PHG2.2</b> Demonstrate development of body awareness and physical activity  <b>PHG3.1</b> Demonstrate development of fine and gross motor coordination
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May push with arms during tummy time.	May push toys forward or pull objects toward themselves.

### Activity: **Push & Pull on Floor (Reach & Strength)**

Infants will practice pushing and pulling toys while on the floor. Younger infants will push up with arms during tummy time, while older infants will pull toys toward themselves or push them away. Teachers will narrate actions like “push” and “pull” to build vocabulary and reinforce physical actions.

Resources/Materials <ul style="list-style-type: none"> <li>Lightweight push/pull toys (balls, small cars, soft blocks)</li> </ul>	Key Vocabulary: push, pull, roll, toy	Support:
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## Month: October Week: 2 Subject: Physical Health & Growth

Day 4	Topic(s)		Foundation(s)	
	Theme: Scarecrows & Fall on the Farm Number: 11 Letter: Ee Color: Tan Shape: Rectangle		PHG2.1 Demonstrate how the five senses support processing information  PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Infants		Older Infants	
	May bear weight on legs briefly while supported.		May hold on and bounce or play while standing.	
Activity: Supported Standing at Low Table				
Teachers will assist infants in standing at a low, sturdy table with toys placed on top. Younger infants may practice bearing weight on their legs, while older infants will bounce or play with toys while standing. This builds leg strength, balance, and confidence in preparing for walking.				
Resources/Materials <ul style="list-style-type: none"><li>Low sturdy table</li><li>Toys</li></ul>		Key Vocabulary: stand, bounce, play, tall		Support:



## Month: October Week: 2 Subject: Physical Health & Growth

<b>Day 5</b>	<b>Topic(s)</b> Theme: Scarecrows & Fall on the Farm Number: 11 Letter: Ee Color: Tan Shape: Rectangle	<b>Foundation(s)</b> <b>PHG2.2</b> Demonstrate development of body awareness and physical activity  <b>PHG4.1</b> Demonstrate increased independence in personal care routines
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May look at or touch leaves placed on the blanket.	May reach, grab, or wave leaves in the air.
<p>Activity: <b>Outdoor Blanket Time (Leaf Exploration)</b></p> <p>Infants will spend time outdoors on blankets to explore nature. Younger infants will watch leaves blow in the wind and touch leaves handed to them. Older infants will pick up leaves, wave them, or drop them into a bucket. Teachers will describe colors and textures while infants explore.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Blanket for outdoor time</li> <li>Leaves collected from outdoors</li> </ul>	<b>Key Vocabulary:</b> leaf, red, yellow, soft, fall	<b>Support:</b>