



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	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	May copy one animal movement (e.g., hop like a bunny).	May copy several animal movements in a row and name the animal.

Activity: **Farm Animal Movements**

Children will pretend to move like different farm animals. Teachers will prompt them with movements such as “flap like a chicken,” “crawl like a pig,” or “gallop like a horse.” Younger toddlers may try one movement at a time, while older toddlers will combine movements and name the animals. This activity builds gross motor coordination and supports imaginative play.

Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Optional animal picture cards 	hop, flap, crawl, gallop, farm	



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Day 2	Topic(s)		Foundation(s)	
	Theme: Scarecrows & Fall on the Farm Number: 11 Letter: Ee Color: Tan Shape: Rectangle		PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Toddlers		Older Toddlers	
	May push or pull a toy wheelbarrow a short distance.		May carry items in the wheelbarrow and push to a set spot.	

Activity: Push & Pull Wheelbarrow Play

Teachers will provide small toy wheelbarrows or push/pull carts. Children will practice moving them around the play space. Younger toddlers will explore pushing or pulling, while older toddlers will carry light objects like balls or blocks in their carts and deliver them to baskets. This activity strengthens large muscles and coordination while connecting to the farm theme.

Resources/Materials <ul style="list-style-type: none"> • Small toy wheelbarrows or push/pull carts • Balls or blocks to carry 	Key Vocabulary: push, pull, carry, wheelbarrow, strong	Support:
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Day 3	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 Toddlers	Older Toddlers
	May stand still with arms stretched for a few seconds.	May balance on one foot or hold a pose longer.

Activity: Scarecrow Balance

Children will pretend to be scarecrows standing tall in a field. Teachers will guide them to stretch arms out wide and stand very still, then try swaying like a scarecrow in the wind. Younger toddlers will practice holding still briefly, while older toddlers will attempt balancing on one foot or making their scarecrow “move” without falling. This supports balance, focus, and self-control.

Resources/Materials • None	Key Vocabulary: scarecrow, balance, stand, tall, sway	Support:
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Day 4	Topic(s)	Foundation(s)
	Theme: Scarecrows & Fall on the Farm Number: 11 Letter: Ee Color: Tan Shape: Rectangle	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	May carry or roll one ball at a time with help.	May carry several balls to a basket during a relay.

Activity: Harvest Relay with Balls

Teachers will set up baskets on one side of the room and provide soft balls as “pumpkins.” Children will carry or roll the balls to the basket one at a time. Younger toddlers will focus on moving carefully with one ball, while older toddlers may try moving faster or carrying two balls at once. This playful relay builds strength, coordination, and early teamwork skills.

Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Soft balls or beanbags (pretend pumpkins) Baskets or tubs 	harvest, ball, carry, basket, run	



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Day 5	Topic(s)	Foundation(s)
	Theme: Scarecrows & Fall on the Farm Number: 11 Letter: Ee Color: Tan Shape: Rectangle	PHG2.2 Demonstrate development of body awareness and physical activity PHG4.1 Demonstrate increased independence in personal care routines
Indicators	Younger Toddlers	Older Toddlers
	May touch, pick up, or throw one leaf.	May collect several leaves and carry them to a bucket.

Activity: **Outdoor Leaf Play**

Children will explore the outdoors with a focus on fall leaves. Teachers will encourage toddlers to run, jump, and toss leaves in the air. Younger toddlers may simply explore textures by touching or picking up leaves, while older toddlers will collect them in a bucket or help rake them into a pile. This activity promotes independence, sensory exploration, and gross motor play.

Resources/Materials

- Leaves
- Bucket of toddler rakes

Key Vocabulary:

leaf, fall, run, throw, collect

Support:

