



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

Day 1	Topic(s)	Foundation(s)
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Preschool	Older Preschool
	May move like one construction vehicle (e.g., scoop like an excavator).	May combine multiple movements into a sequence and explain which vehicle they are pretending to be.

Activity: **Construction Vehicle Moves**

Children will use their bodies to act out how construction vehicles move. Younger preschoolers will choose one motion such as digging like an excavator, pushing like a bulldozer, or lifting like a crane. Older preschoolers will be encouraged to combine movements into a sequence, such as scoop–dump–push, to act out a full “job.” Teachers can extend by making it into a group performance where children share their vehicle moves.

Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Optional music for background rhythm 	move, scoop, push, lift, dig	



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Day 2	Topic(s)	Foundation(s)
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool	Older Preschool
	May walk or crawl through a simple path with cones.	May run, weave, or hop through cones while following multi-step directions.

Activity: Cone Obstacle Course

Teachers will set up cones to create an obstacle course. Younger preschoolers will practice walking, stepping over, or crawling around cones. Older preschoolers will be challenged to weave between cones, hop on one foot, or complete the course with a toy truck in hand. Teachers may extend by timing older preschoolers to see how quickly they can complete the course safely.

Resources/Materials <ul style="list-style-type: none"> • Cones, caution tape, toy trucks 	Key Vocabulary: obstacle, course, weave, safe	Support:
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Day 3	Topic(s)	Foundation(s)
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG4.1 Demonstrate increased independence in personal care routines
Indicators	Younger Preschool	Older Preschool
	May carry a single block or cone from one end to another.	May carry multiple blocks, stack them, or work in teams to complete the relay.

Activity: Construction Relay Race

Children will participate in a relay race where they transport “building supplies” (blocks, cones) from one side of the room to the other. Younger preschoolers will focus on carrying one item at a time. Older preschoolers will be challenged to carry more than one item, stack them neatly, or complete the relay as part of a team. Teachers can extend by introducing “jobs” like truck driver, loader, and builder.

Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> • Blocks, cones, or lightweight items • Space for running paths 	relay, race, carry, build, team	



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

Day 4	Topic(s)	Foundation(s)
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Preschool	Older Preschool
	May push lightweight boxes or balls with their hands.	May push heavier objects or move items in pairs while keeping balance.

Activity: **Bulldozer Push Game**

Children will pretend to be bulldozers by pushing objects across the floor. Younger preschoolers will use lightweight boxes, balls, or foam blocks. Older preschoolers will push heavier items (like large foam blocks) or compete in pairs to push against resistance. Teachers may extend by making it into a race to see which “bulldozer” finishes first or by asking older preschoolers to create their own bulldozer challenge.

Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Large foam blocks, boxes, or balls 	push, bulldozer, strong, move, heavy	



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

Day 5	Topic(s)	Foundation(s)
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool	Older Preschool
	May climb, crawl, or balance with teacher support.	May complete a multi-step obstacle course independently and safely.

Activity: **Construction Obstacle Course**

Children will complete an obstacle course designed to mimic a construction site. Younger preschoolers will practice crawling under tables, climbing over soft mats, and stepping between cones. Older preschoolers will be challenged to complete multiple steps, such as carrying a block while balancing or jumping over “pipes.” Teachers will emphasize safety while encouraging persistence and physical confidence.

Resources/Materials <ul style="list-style-type: none"> • Cones, mats, tunnels, blocks 	Key Vocabulary: obstacle, climb, crawl, balance, safe	Support:
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