



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	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators		
	Younger Infants	Older Infants
	May lift head briefly during tummy time.	May reach for a toy truck or object while on tummy.

Activity: **Tummy Time “Truck Reach”**

Teachers will place infants on their tummies with a colorful toy truck just within reach. Younger infants will strengthen neck and shoulder muscles as they look up toward the toy. Older infants will reach, push, or scoot toward it, developing early coordination and strength.

Resources/Materials <ul style="list-style-type: none"> Soft mat or blanket Large plastic toy truck 	Key Vocabulary: reach, push, up, move, truck	Support:
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Day 2	Topic(s) Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	Foundation(s) PHG3.1 Demonstrate development of fine and gross motor coordination PHG4.1 Demonstrate increased independence in personal care routines
Indicators	Younger Infants	Older Infants
	May push up on arms or knees.	May pull to stand using a stable surface or the teacher's hands.
Activity: Pull to Stand with Support Teachers will encourage infants to pull up using a low surface or the teacher's hands. Younger infants may push up onto hands and knees, while older infants pull to stand and practice balance. Teachers will say encouraging phrases like "Up, up, up!" to motivate movement and build confidence.		
Resources/Materials <ul style="list-style-type: none"> Stable low furniture, or soft foam cube 	Key Vocabulary: up, stand, pull, strong, try	Support:



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	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	May watch or reach toward cones while on tummy.	May crawl or climb over soft obstacles.

Activity: **Crawl Over Soft Cones**

Teachers will place soft cones or small pillows in a row on the floor. Younger infants will reach and look at them during tummy time. Older infants will crawl or climb over them, strengthening muscles and improving coordination. Teachers will cheer and encourage movement across each obstacle.

Resources/Materials <ul style="list-style-type: none"> Soft cones, pillows, or mats 	Key Vocabulary: crawl, over, go, climb, move	Support:
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Day 4	Topic(s)		Foundation(s)	
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle		PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	Younger Infants		Older Infants	
	May watch and track the ball as it rolls.		May push or roll the ball toward the teacher or peer.	
Activity: Push & Roll Balls				
Teachers will sit with infants on the floor and roll soft balls back and forth. Younger infants will track the movement with their eyes. Older infants will begin to push or roll the ball forward, building coordination, strength, and early social interaction.				
Resources/Materials <ul style="list-style-type: none">Soft rubber or sensory balls		Key Vocabulary: roll, ball, go, push, stop		Support:



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	PHG1.2 Demonstrate development of safety practices PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May look around and visually explore outdoor surroundings.	May point, babble, or wave at things seen outside.

Activity: **Outdoor Stroller Walk / Fresh Air Time**

Teachers will take infants on a stroller walk or spend time outside under supervision. Younger infants will observe the movement of trees, clouds, and people. Older infants may point, wave, or vocalize while looking around. Teachers will narrate the environment, naming what they see to build language and awareness.

Resources/Materials <ul style="list-style-type: none"> Stroller or blanket for outdoor time 	Key Vocabulary: outside, wind, tree, sky, walk	Support:
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