



## 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 Toddlers		Older Toddlers	
	May copy one movement like “dig” or “push.”		May combine multiple vehicle movements in a short sequence.	
Activity: Construction Vehicle Moves				
Children will pretend to be construction vehicles using their bodies. Younger toddlers may scoop like an excavator or push like a bulldozer. Older toddlers will act out multiple vehicle movements in a sequence (dig, lift, dump). Teachers will encourage everyone to make engine sounds while moving to make the play lively and engaging.				
Resources/Materials <ul style="list-style-type: none"><li>none</li></ul>		Key Vocabulary: dig, push, scoop, lift, move		Support:



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<b>Day 2</b>	<b>Topic(s)</b> Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	<b>Foundation(s)</b> <b>PHG3.1</b> Demonstrate development of fine and gross motor coordination  <b>PHG1.2</b> Demonstrate development of safety practices
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	May walk or crawl around cones with guidance.	May weave through cones or try simple balance steps.
<b>Activity: Cone Walk</b> Teachers will set up cones in a line or zigzag path. Younger toddlers will practice walking or crawling around cones slowly. Older toddlers will be challenged to weave in and out or balance by stepping carefully between cones. Teachers will emphasize safety by modeling slow, careful steps.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Cones or soft blocks for path markers</li> </ul>	<b>Key Vocabulary:</b> walk, stop, go, around, safe	<b>Support:</b>



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<b>Day 3</b>	<b>Topic(s)</b> Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	<b>Foundation(s)</b> <b>PHG3.1</b> Demonstrate development of fine and gross motor coordination  <b>PHG4.1</b> Demonstrate increased independence in personal care routines
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	May carry one block from one spot to another.	May carry multiple blocks or race with a peer.
<b>Activity: Block Relay</b> Children will carry blocks from one side of the room to another. Younger toddlers will focus on carrying one block at a time. Older toddlers will be challenged to carry more than one block or try working as a team to move blocks faster. Teachers can extend by having children stack the blocks into a tower at the finish line.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Foam or lightweight blocks</li> </ul>	<b>Key Vocabulary:</b> carry, block, run, go, build	<b>Support:</b>



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<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	<b>PHG3.1</b> Demonstrate development of fine and gross motor coordination  <b>PHG2.2</b> Demonstrate development of body awareness and physical activity
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	May push lightweight objects across the floor.	May push heavier objects or play bulldozer races with a friend.

### Activity: **Bulldozer Push**

Children will pretend to be bulldozers by pushing objects across the room. Younger toddlers will push lightweight items like boxes or foam balls. Older toddlers will push heavier objects like big foam blocks, racing or working together in pairs. Teachers will encourage dramatic play by having children make bulldozer sounds.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Foam blocks, boxes, or large balls</li> </ul>	<b>Key Vocabulary:</b> push, strong, move, heavy, bulldozer	<b>Support:</b>
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## Month: October Week: 3 Subject: Physical Health & Growth

<b>Day 5</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Under Construction; Learning In Progress Number: 12 Letter: Ff Color: Black Shape: Triangle	<b>PHG3.1</b> Demonstrate development of fine and gross motor coordination  <b>PHG1.2</b> Demonstrate development of safety practices
<b>Indicators</b>	<b>Younger Toddlers</b>	<b>Older Toddlers</b>
	May crawl through tunnels or step over low obstacles with help.	May complete multi-step challenges like crawling, climbing, and balancing.

### Activity: **Construction Obstacle Course**

Teachers will design an obstacle course that mimics a construction site. Younger toddlers may crawl through tunnels, climb over mats, or step over cones. Older toddlers will complete multi-step challenges such as carrying a block while walking a line, climbing, and crawling. Teachers will remind children to move safely while having fun.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Tunnels, mats, cones</li> <li>Foam blocks for carrying</li> </ul>	<b>Key Vocabulary:</b> crawl, climb, jump, safe, strong	<b>Support:</b>
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