



## Month: October Week: 4 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval	<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		
	<b>Younger Infants</b>	<b>Older Infants</b>
	May lift head or move arms during tummy time.	May push up on hands or reach for nearby toys.

### Activity: **Tummy Time**

Lay infants on a soft mat for tummy time, placing colorful toys or mirrors just within reach. Encourage them to lift their heads and look around. Sing or talk softly to maintain engagement. Tummy time strengthens neck, arm, and core muscles while promoting spatial awareness and confidence in movement.

Resources/Materials <ul style="list-style-type: none"> <li>• Soft play mat or blanket</li> <li>• Small toys or mirror</li> </ul>	Key Vocabulary: look, lift, strong	Support:
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Day 2	Topic(s)		Foundation(s)	
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval		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 rock side to side or roll partially.		May roll independently or reach for objects while rolling.	
Activity: Rolling Practice				
Encourage infants to roll from back to tummy by placing a soft toy to one side. Gently guide movement if needed and celebrate each attempt. Talk through the process (“You rolled over!”). This activity builds coordination, strengthens muscles, and fosters body control through repetition.				
Resources/Materials <ul style="list-style-type: none"><li>Soft toys or rattles</li></ul>		Key Vocabulary: roll, over, reach		Support:



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Day 3	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval		PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	<b>Younger Infants</b>		<b>Older Infants</b>	
	May pull or hold the caregiver’s hands while standing.		May use low furniture to pull self up to a standing position.	
Activity: <b>Pulling Up with Support</b>				
Provide a low, sturdy surface or caregiver's hands for infants to practice pulling to stand. Encourage them to balance briefly before lowering down. Praise each effort and offer gentle guidance. This helps develop leg strength, coordination, and balance while supporting independence.				
Resources/Materials <ul style="list-style-type: none"><li>Sturdy furniture</li></ul>		Key Vocabulary: stand, up, tall		Support:



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<b>Day 4</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval	<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 scoot or reach for objects during floor play.	May crawl through or over soft obstacles independently.

### Activity: **Crawling Path**

Create a soft obstacle path using pillows, tunnels, or mats. Encourage infants to crawl toward a favorite toy or caregiver at the end. Describe movements (“You’re crawling over the pillow!”). This strengthens coordination, builds endurance, and boosts confidence through movement and exploration.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Soft pillows, mats, or tunnels</li> <li>Favorite toys for motivation</li> </ul>	<b>Key Vocabulary:</b> crawl, go, move	<b>Support:</b>
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## Month: October Week: 4 Subject: Physical Health & Growth

<b>Day 5</b>	<b>Topic(s)</b> Theme: Plants Number: 13 Letter: Gg Color: Red Shape: Oval	<b>Foundation(s)</b> <b>PHG2.1</b> Demonstrate how the five senses support processing information <b>PHG2.2</b> Demonstrate development of body awareness and physical activity
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May look around or reach toward outdoor sights.	May point, babble, or make sounds when noticing things outside.
<b>Activity: Outdoor Walk</b>  Take infants for a stroller or blanket walk outside. Talk about what you see and hear. “Look at the trees,” “Do you feel the wind?” Allow them to reach for grass or watch birds if possible. This experience develops sensory awareness, observation skills, and calm alertness through connection with nature.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Stroller or soft outdoor blanket</li> </ul>	<b>Key Vocabulary:</b> tree, wind, outside	<b>Support:</b>