



## Month: October Week: 5 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Review Week	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 and may track a nearby object during tummy time.	May press through forearms, may reach toward a toy, and may pivot or scoot slightly.

### Activity: Tummy Time Choice Board

Place infants on tummy with two or three motivating choices at eye level. Rotate options such as a mirror, high-contrast card, or soft rattle to encourage head lifts and reaching. Coach caregivers to position elbows under shoulders and to offer short rest breaks. Extend engagement by moving a toy a little farther so babies shift weight and pivot. End with a gentle cuddle or stretch on back to reset.

Resources/Materials <ul style="list-style-type: none"> <li>Floor mat or blanket</li> <li>Infant-safe mirror or high-contrast cards</li> </ul>	Key Vocabulary: lift, reach, look	Support:
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## Month: October Week: 5 Subject: Physical Health & Growth

Day 2	Topic(s)	Foundation(s)
	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May roll to the side with assistance and may hold a side-lying position briefly.	May initiate roll tummy to back or back to tummy and may complete roll with minimal support.
<p>Activity: <b>Rolling Practice</b></p> <p>Set infants on a soft mat and entice a roll by placing a favorite toy just to the side. Provide hand-under-hand at the hips and shoulders so babies feel the weight shift. Pause mid-roll to let them work, then celebrate any effort to complete the turn. Repeat toward both sides to build symmetry and body awareness. Finish with floor time to explore the new position.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Soft floor mat</li> <li>Favorite grasp toys</li> </ul>	roll, side, turn	



## Month: October Week: 5 Subject: Physical Health & Growth

<b>Day 3</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review Week	PHG1.2 Demonstrate development of safety practices
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May bear weight with support at the trunk and may hold a stable surface briefly.	May shift hand to hand on a stable surface, may pull to stand with light assist, and may lower with help.
<p><b>Activity: Pull to Stand with Support</b></p> <p>Position infants at a low, stable surface such as a bench or cube and place an engaging toy just above hand height. Guide hands to the surface and cue knees forward so they push through legs. Support at the hips as they rise, then help practice controlled lowering to sit for safety. Offer two or three short trials with plenty of praise for effort. Wrap up with seated play to rest muscles.</p>		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Non-slip socks or bare feet</li> </ul>	<b>Key Vocabulary:</b> stand, hold, lower	<b>Support:</b>



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Day 4	Topic(s)	Foundation(s)
	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May push a ball forward with two hands and may track it rolling away.	May roll back and forth with an adult or peer and may change speed with a cue.
<p>Activity: <b>Push and Roll Balls</b></p> <p>Seat infants facing you with legs in a V and place a soft ball in the center. Model a gentle two-hand push and say roll as it travels. Invite a return roll and vary distance to encourage stronger reaches and trunk control. Add a slow then fast round to practice body control and attention to cues. End with both hands on ball for a final big push and cheer.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Soft balls of two sizes</li> </ul>	push, roll, stop	



## Month: October Week: 5 Subject: Physical Health & Growth

<b>Day 5</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Review Week	PHG2.1 Demonstrate how the five senses support processing information PHG2.2 Demonstrate development of body awareness and physical activity
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May visually track trees or sky and may relax with rhythmic movement outdoors.	May reach toward leaves or breeze, may turn to new sounds, and may practice sit or crawl on a blanket.
<p>Activity: <b>Outdoor Blanket or Stroller Walk</b></p> <p>Head outside for a brief stroller loop or a blanket session in a shaded area. Name sensory moments such as look at the leaves, listen to birds, and feel the breeze. Offer supervised floor time on the blanket for reaching, sitting, or crawling as appropriate. Reinforce safety by checking sun coverage, spacing, and hydration. Close with a calm breath and a soft transition song before returning indoors.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Stroller or large blanket in shade</li> </ul>	look, listen, feel	