



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

Day 1	Topic(s)	Foundation(s)
	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool	Older Preschool
	May run, stop, and carry a lightweight pumpkin or ball safely with reminders.	May follow relay rules, control speed, and pass the pumpkin carefully to a teammate.

Activity: Pumpkin Relay Race

Set a simple relay path with cones. Children take turns carrying a small pumpkin (or ball) around the cones and back, practicing running, stopping, and turning while keeping the object secure. Emphasize safe bodies and watching where we're going.

Resources/Materials • Lightweight pumpkins or balls (1 per team) • Cones or floor markers for a path	Key Vocabulary: • run • stop • turn • safe • team	Support:
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Day 2	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 Preschool	Older Preschool
	May imitate simple poses with visual prompts and return to a calm body.	May hold balance poses briefly, coordinate breathing, and transition between poses.
<p>Activity: Yoga for Farmers & Gardeners</p> <p>Teach a short yoga flow with theme poses (seed, sprout, tree, wheelbarrow). Model breathing in through the nose and out through the mouth. Invite children to notice body parts working in each pose and how their body feels before and after moving.</p>		
Resources/Materials <ul style="list-style-type: none"> • Pose cards (optional) • Soft music (optional) 	Key Vocabulary: <ul style="list-style-type: none"> • balance • breathe • stretch • body • calm 	Support:



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Day 3	Topic(s)	Foundation(s)
	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool	Older Preschool
	May crawl, step over, and jump with support while staying on the path.	May plan a route, adjust speed, and complete the course while following safety rules.

Activity: Obstacle Course Mix

Create a simple course: crawl under a tunnel, step over lines, hop to a spot, and tiptoe a balance path. Model how to wait for turns and keep space. Children draw their favorite part of the course after trying it.

Resources/Materials • Tunnels or chairs/blanket, balance line/tape • Floor dots, hoops, or low blocks	Key Vocabulary: • crawl • jump • hop • balance • wait	Support:
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Day 4	Topic(s)	Foundation(s)
	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.1 Demonstrate how the five senses support processing information
Indicators	Younger Preschool	Older Preschool
	May grasp and release with tongs, place large beads, or twist lids with assistance.	May use pincer grasp to thread beads, twist/untwist caps, and use tools with control.

Activity: Pinch, Thread & Twist Stations

Set 3 stations: (1) tongs to move pom-poms, (2) large-bead threading, (3) twist-open containers. Coach hand position and noticing how things feel (smooth/rough, light/heavy). Invite children to draw their favorite station.

Resources/Materials • Tongs, pom-poms or cotton balls • Large beads and laces or pipe cleaners • Small containers with twist lids	Key Vocabulary: • pinch • thread • twist • strong hands • feel	Support:
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	Review Week	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	May run, chase bubbles, and stop safely with reminders to keep space.	May change speed/direction, navigate space with peers, and show control during games.

Activity: Outdoor Movement Celebration

Head outside for a movement celebration with choices: bubble chase, scarf throw-and-catch, and chalk movement paths. Encourage safe spacing and body control. Close with a quick share about which movement felt most fun or strong.

Resources/Materials • Bubbles, scarves or beanbags • Chalk for movement paths • Cones for boundaries	Key Vocabulary: • space • speed • direction • control • move	Support:
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