



## Month: November Week: 1 Subject: Physical Health & Growth

<b>Day 1</b>	<b>Topic(s)</b>	<b>Foundation(s)</b>
	Theme: Turkey Time Number: 14 Letter: Jj Color: Yellow Shape: Heart	<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 Preschool</b>	<b>Older Preschool</b>
	May imitate one or two gross-motor actions during a song.	May coordinate several body parts in sequence and follow rhythmic cues.
<b>Activity: Turkey Hokey Pokey</b> <p>Students participate in a fun, turkey-themed “Hokey Pokey” song, moving different body parts to the beat. Encourage children to use balance and coordination as they turn and stretch. Reinforce spatial awareness by modeling how to stay within their own space. End with a group “gobble” to celebrate movement and teamwork.</p>		
Resources/Materials • Music player	Key Vocabulary: balance, turn, stretch, space, coordination	Support:



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Day 2	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Turkey Time Number: 14 Letter: Jj Color: Yellow Shape: Heart		<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 Preschool</b>		<b>Older Preschool</b>	
	May stop movement when prompted.		May change speed or direction and freeze on cue with body control.	
Activity: <b>Turkey Dance Freeze</b>				
Play lively turkey-themed or fall music while children dance and move freely. When the music stops, they must freeze in a silly turkey pose. Encourage variety—flapping wings, pecking, waddling—to build creativity and coordination. Discuss what body parts helped them balance while frozen.				
Resources/Materials <ul style="list-style-type: none"><li>Music player and themed playlist</li></ul>		Key Vocabulary: freeze, balance, control, move, stop		Support:



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<b>Day 3</b>	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Turkey Time Number: 14 Letter: Jj Color: Yellow Shape: Heart		<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 Preschool</b>		<b>Older Preschool</b>	
	May walk, squat, or reach safely to find objects.		May follow positional directions (under, over, behind) while collecting items.	

### Activity: Turkey Scavenger Hunt

Hide laminated turkey pictures or small objects around the classroom or playground. Children search, crawl, and reach to collect them while practicing body control and spatial awareness. Review positional words as they find each one. Encourage working in pairs to strengthen teamwork.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Laminated turkey pictures or small toy turkeys</li> <li>Tape (if used indoors)</li> <li>Collection basket</li> </ul>	<b>Key Vocabulary:</b> under, over, behind, near, find	<b>Support:</b>
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## Month: November Week: 1 Subject: Physical Health & Growth

Day 4	Topic(s)		Foundation(s)	
	Theme: Turkey Time Number: 14 Letter: Jj Color: Yellow Shape: Heart		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 move with adult guidance to imitate animals.		May vary movement patterns (waddle, tiptoe, flap) across spaces safely.	
Activity: Exploration Walk - Waddle Like a Turkey				
Take a short outdoor or indoor walk while pretending to be turkeys exploring. Encourage children to waddle, flap, and stretch as they move. Add simple challenges like walking heel-to-toe or pretending to peck for food to enhance balance and motor control. Conclude by taking a few deep breaths like “calm turkeys” before returning inside.				
Resources/Materials <ul style="list-style-type: none"><li>None (optional outdoor cones for path)</li></ul>		Key Vocabulary: waddle, flap, stretch, walk, explore		Support:



## Month: November Week: 1 Subject: Physical Health & Growth

<b>Day 5</b>	<b>Topic(s)</b> Theme: Turkey Time Number: 14 Letter: Jj Color: Yellow Shape: Heart	<b>Foundation(s)</b> <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 Preschool</b>	<b>Older Preschool</b>
	May run and stop safely with adult direction.	May change direction, chase, and tag gently while following rules.
<b>Activity: Turkey Tag</b>  Attach feathers (clothespins or paper) to the backs of students' shirts. Children play tag, trying to collect others' feathers while keeping their own. Reinforce gentle touch and safety boundaries. Conclude with stretching and counting feathers to cool down and celebrate participation.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Clothespins or paper feathers</li> </ul>	<b>Key Vocabulary:</b> tag, chase, feathers, gentle, safe	<b>Support:</b>