



Month: April Week: 3 Subject: Physical Health & Growth

Day 1	Topic(s)		Foundation(s)	
	Theme: Hopping Into Growth Number: 12 Letter: Kk Color: Lavender Shape: Square		PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of gross motor coordination	
Indicators				
	Younger Preschool		Older Preschool	
	Children may imitate basic movement actions like reaching or hopping with support.		Children may coordinate whole-body movements with increased balance and control.	
Activity: Garden Stretching				
The teacher can lead a movement session inspired by growing plants. Children will stretch tall like sunflowers, curl up like seeds, and sway like trees. The teacher can guide breathing and movement to help children build awareness of their bodies and how it moves through space.				
Resources/Materials <ul style="list-style-type: none">Calming music		Key Vocabulary: stretch, grow, move		Support:

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Preschool Curriculum

Day 2	Topic(s)		Foundation(s)	
	Theme: Hopping Into Growth Number: 12 Letter: Kk Color: Lavender Shape: Square		PHG2.2 Demonstrate development of physical activity	
Indicators	Younger Preschool		Older Preschool	
	Children may jump in place or from low surfaces with two feet.		Children may jump across spaces, land on target shapes, and follow directions using positional language.	
Activity: <i>Jump the Square</i> The teacher can tape square shapes to the floor and guide a jumping game. Children will hop from one square to another while identifying the shape and color. The activity will support balance, coordination, and shape recognition while keeping bodies active.				
Resources/Materials <ul style="list-style-type: none">• Tape• Music (Optional)		Key Vocabulary: jump, square, color		Support:

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Day 3	Topic(s)	Foundation(s)
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Preschool Curriculum

	Theme: Hopping Into Growth Number: 12 Letter: Kk Color: Lavender Shape: Square	PHG1.3 Demonstrate development of nutrition awareness
Indicators	Younger Preschool	Older Preschool
	Children may follow simple movement instructions and imitate others.	Children may respond to verbal cues during guided movement games and demonstrate body control.
<p>Activity: <i>Simon Says: Move and Grow</i></p> <p>The teacher can lead a fun and interactive game of “Simon Says” with a focus on growth-themed and healthy movement prompts (e.g., “Simon says touch your toes,” “Simon says stretch tall like a sunflower,” “Simon says hop like a bunny”). The activity helps build listening skills, physical coordination, and understanding of healthy movement.</p>		
Resources/Materials <ul style="list-style-type: none"> Open space for movement 	Key Vocabulary: stretch, hop, listen	Support:

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Day 4	Topic(s)	Foundation(s)
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	Theme: Hopping Into Growth Number: 12 Letter: Kk Color: Lavender Shape: Square	PHG1.1 Demonstrate development of healthy practices
Indicators	Younger Preschool	Older Preschool
	Children may imitate physical movements and learn about keeping their bodies healthy.	Children may perform basic exercises and explain how movement helps keep them strong.
<p><i>Activity: Exercise Circle - Move to Grow Strong</i></p> <p>The teacher can guide a group exercise circle where each child takes a turn choosing or demonstrating a simple exercise (e.g., jumping jacks, toe touches, arm circles). After each movement, the class repeats the exercise together. The teacher will explain how each movement helps build strength and keep our bodies healthy.</p>		
Resources/Materials <ul style="list-style-type: none"> Open space for movement 	Key Vocabulary: strong, move, body	Support:

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Day 5	Topic(s)	Foundation(s)
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Preschool Curriculum

	Theme: Hopping Into Growth Number: 12 Letter: Kk Color: Lavender Shape: Square	PHG2.2 Demonstrate development of physical activity
Indicators	Younger Preschool	Older Preschool
	Children may imitate movements like crawling, stretching, or tiptoeing.	Children may follow a movement sequence or obstacle course using body control and spatial awareness.
<p><i>Activity: Growing Plant Game</i></p> <p>The teacher can lead a full-body movement activity where children “grow” like a plant- starting low to the ground, slowly rising, and reaching tall. They’ll follow cues like “Rain makes you grow!” or “Sunlight helps you stretch!” The teacher can encourage children to use their imagination and movement skills to act out plant growth.</p>		
Resources/Materials <ul style="list-style-type: none"> • Visual growth prompts • Music (optional) 	Key Vocabulary: grow, stretch, plant	Support: