



Month: May 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 Preschool	Older Preschool
	Walks, jumps, or crawls as modeled	Creates their own movements based on animals or songs
Activity: Bug Moves Play a movement game where children imitate bugs: crawling like caterpillars, flying like bees, or jumping like grasshoppers. Use music or rhyme to transition between movements. This encourages coordination, imaginative play, and stamina.		
Resources/Materials <ul style="list-style-type: none"> • Open space • Bug movement cards 	Key Vocabulary: jump, fly, crawl, move, fast	Support:



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Day 2	Topic(s)	Foundation(s)
	Review Week	<p>PHG2.2 Demonstrate development of body awareness and physical activity</p> <p>PHG3.1 Demonstrate development of fine and gross motor coordination</p>
Indicators	Younger Preschool	Older Preschool
	Carries items through a path with guidance	Moves through a basic obstacle course independently
<p>Activity: Pick It, Pack It, Sell It</p> <p>Children pretend to harvest pretend produce, place it in a basket, and carry it to a pretend market. Add cones, tunnels, or hoops to create a movement course. Emphasize steps in order: pick, carry, deliver.</p>		
Resources/Materials <ul style="list-style-type: none"> • Play food or beanbags • Baskets and cones 	Key Vocabulary: pick, carry, run, basket, sell	Support:

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Preschool Curriculum

Day 3	Topic(s)	Foundation(s)
	Review Week	PHG1.2 Demonstrate development of safety practices PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Preschool	Older Preschool
	Responds to safety signals (e.g., “stop”) during games	Understands and applies rules like “walk” or “freeze”
Activity: Garden Moves - Red Light, Green Light Children will “move like flowers” on green (wiggle, stretch) and freeze like statues on red. Practice stopping, listening, and waiting. Add flower signs or props for a garden theme.		
Resources/Materials <ul style="list-style-type: none"> Red/green signs Optional: flower hats or visuals 	Key Vocabulary: stop, go, wait, flower, listen	Support:

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Day 4	Topic(s)	Foundation(s)
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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
	Participates in group movement games with encouragement	Coordinates steps or actions with peers
Activity: Fire Hose Relay Children will “carry the hose” (rope or scarf) from one end to the other and pass it to the next friend. Emphasize running carefully, cheering on teammates, and aiming to “put out the fire.” Add firefighter props for theme support.		
Resources/Materials <ul style="list-style-type: none"> Ropes or scarves Cones or bucket props 	Key Vocabulary: run, hose, help, team, fast	Support:

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Day 5	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
	Steps on or around shapes with guidance	Moves from one shape to another on cue
<p>Activity: Shape Stomp</p> <p>Spread large cutout shapes on the floor. Call out a shape (e.g., “circle!”) and invite children to stomp, hop, or spin on it. For added fun, sing shape chants or follow the leader to different ones.</p>		
Resources/Materials <ul style="list-style-type: none"> Shape cutouts (circle, rhombus, star, hexagon) Music (optional) 	Key Vocabulary: shape, stomp, star, jump, find	Support: