



Month: December Week: 1 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	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 follow a few of the motions in the song and move around the space safely.	May coordinate movements with the song's words, staying in their own space while moving energetically.
<p>Activity: Kiboomers: 5 Gingerbread Men & Outdoor Play</p> <p>Take children outside or to a large open space and play the “5 Gingerbread Men” action song by the Kiboomers. Model the motions that match the lyrics—standing up, jumping, running in place, and pretending to be gingerbread cookies. After a few practice rounds, invite children to help choose movements for each verse (tiptoe, hop, spin). Finish the session with a short walking lap or playground time to keep bodies active.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Kiboomers “5 Gingerbread Men” song/video 	jump, run, exercise	



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Day 2	Topic(s) Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	Foundation(s) 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 copy simple actions from the video and move safely in a shared space.	May sustain movement through the full song and change directions or levels when prompted.
<p>Activity: Geethanjali Kids: The Gingerbread Man & Outdoor Play</p> <p>Show the Geethanjali Kids “The Gingerbread Man” movement video and invite children to spread out with enough room to move. Encourage them to follow along with the motions—marching, skipping, and pretending to chase or escape like the gingerbread man. After the video, move outdoors for a short follow-up game where children run, skip, or hop between cones when you call out a movement. Emphasize staying aware of their bodies and friends as they move.</p>		
Resources/Materials <ul style="list-style-type: none"> Geethanjali Kids “The Gingerbread Man” movement video 	Key Vocabulary: march, skip, move	Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus	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 copy a few repeated dance steps and stay engaged for most of the song.	May follow a longer sequence of steps, changing speed and direction with the music.

Activity: Dannie Go! Gingerbread Cookie Dance

Introduce the Dannie Go! “Gingerbread Cookie Dance” video and tell children they’ll learn a special cookie dance. Play the video and practice the routines in sections, pausing to break down tricky steps. Encourage children to use big but controlled movements and to stay in their own dance space. Once they are comfortable, play the whole dance straight through and let them celebrate by performing it “on stage” for an imaginary audience.

Resources/Materials <ul style="list-style-type: none"> Dannie Go! “Gingerbread Cookie Dance” video 	Key Vocabulary: dance, step, practice	Support: ▶ "The Gingerbread Cookie Dance!" 🎄 ...
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Day 4	Topic(s)		Foundation(s)	
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus		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 start and stop their bodies with the music and follow simple actions.		May quickly freeze in a balanced pose and hold it until the music starts again.	

Activity: Jack Hartman: Gingerbread Man Dance & Freeze

Explain that today's movement game is to dance like gingerbread cookies and then freeze when the music stops. Play Jack Hartman's "Gingerbread Man Dance & Freeze" video, practicing following his actions and freezing on cue. Encourage children to choose fun frozen poses—on one foot, arms up, or hands on hips—while still staying safe. Repeat the song or replay favorite sections, noticing how quickly they can control their bodies when it is time to stop.

Resources/Materials <ul style="list-style-type: none"> Jack Hartman "Gingerbread Man Dance & Freeze" video 	Key Vocabulary: freeze, balance, control	Support:
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Day 5	Topic(s)		Foundation(s)	
	Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus		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, stop, and change direction during tag with reminders about safety boundaries.		May follow game rules, stay within boundaries, and use quick movements to avoid or tag others.	
Activity: Gingerbread Tag				
Take children outside or to a large indoor area and mark clear boundaries for play. Choose one or two children to be the “foxes” while everyone else is a gingerbread cookie. When you say, “Run, run, as fast as you can!” the gingerbread children move around the space while trying not to be gently tagged by a fox. When tagged, a child can become a new fox or move to a designated “cookie cooling rack” area for a quick rest before rejoining. Rotate roles so everyone has a turn to be the fox and review safety rules about tagging gently and watching where they run.				
Resources/Materials <ul style="list-style-type: none">Outdoor field or gym space with cones/markers for boundaries		Key Vocabulary: tag, chase, boundary		Support: