



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 Infants	Older Infants
	May briefly lift or turn head during tummy time and look toward a nearby picture.	May push up on forearms, hold head up longer, and visually track pictures as they are moved.

Activity: Tummy Time with Picture Cards

Place infants on their tummies on a soft mat and position high-contrast or photo picture cards just in front of their faces. Gently tap or move one card side to side, encouraging babies to lift and turn their heads to follow it. Talk about what they see (“Look, baby face,” “Red hat”) while giving them short tummy-time bursts with lots of praise. Rotate cards and adjust distance as needed so each infant can see and be successful.

Resources/Materials <ul style="list-style-type: none"> Sturdy picture cards (high-contrast images, baby faces, simple objects) 	Key Vocabulary: tummy, look, lift	Support:
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Day 2	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 Infants	Older Infants
	May bat at hanging toys with hands or feet when they accidentally touch them.	May purposefully reach, grasp, and hold a hanging toy while moving arms and hands.

Activity: Reach & Grasp Hanging Toys

Lay infants on their backs under an infant gym or a low arch with a few soft hanging toys. Gently move a toy so it brushes their hands or feet and say, "Can you get it?" giving them time to respond with kicks or swats. For older infants, position a toy within easy reach and encourage them to reach, open fingers, and grasp, praising any attempts to hold or pull. Adjust the toy height so babies can be successful without strain.

Resources/Materials <ul style="list-style-type: none"> • Infant play gym or low arch • Soft, infant-safe hanging toys 	Key Vocabulary: reach, grab, toy	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 Infants		Older Infants	
	May sit with full support and bring hands down to touch the drum surface with help.		May maintain supported sitting while tapping or patting the drum independently.	

Activity: Supported Sit & Tap Drum

Sit an infant on the floor or your lap with good trunk support and place a large floor drum or sturdy hand drum within reach. Guide their hands to tap the drum lightly, saying “tap-tap” as they feel the vibration. Encourage older infants to try tapping on their own while you keep a steady base at their hips or torso. Give short breaks if they tire, and celebrate both the sitting effort and the new motor skill of purposeful tapping.

Resources/Materials <ul style="list-style-type: none"> Large floor drum or sturdy infant-safe drum 	Key Vocabulary: tap, sit, drum	Support:
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Day 4	<table><tr><th>Topic(s)</th><th>Foundation(s)</th></tr><tr><td>Theme: Gingerbread Man Number: 17 Letter: Mm Color: Silver Shape: Rhombus</td><td>PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination</td></tr></table>		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
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Indicators	<table><tr><th>Younger Infants</th><th>Older Infants</th></tr><tr><td>May reach for or bat at the ball while on back or side and shift body slightly.</td><td>May roll from back to side or tummy to get closer to the ball and attempt to grasp it.</td></tr></table>		Younger Infants	Older Infants	May reach for or bat at the ball while on back or side and shift body slightly.	May roll from back to side or tummy to get closer to the ball and attempt to grasp it.
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Activity: Roll to the Ball Practice

Place infants on their backs or sides on a soft mat and position a soft ball just out of easy reach. Gently encourage them to turn their head and shoulders toward the ball, helping them roll slightly if needed while you say, "Roll to the ball!" For older infants, place the ball a bit farther away to invite a full roll from back to tummy, guiding hips and shoulders as needed and praising their efforts. Allow time for exploring the ball once they reach it, then reset the game.

Resources/Materials <ul style="list-style-type: none"> • Soft tummy-time/play mat • Soft, infant-safe balls 	Key Vocabulary: roll, ball, reach	Support:
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Day 5	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 Infants	Older Infants
	May push up on hands and knees or scoot on tummy toward a low surface or block.	May crawl to a low support, pull to stand, and cruise sideways while holding on.
<p>Activity: Crawl & Cruise Around Low Furniture/Soft Blocks</p> <p>Set up a safe “mini obstacle course” using low, stable furniture (like a heavy ottoman) or large foam blocks. Place interesting toys on top or just beyond to motivate infants to move toward the surfaces. Encourage younger infants to crawl or scoot up to the block and pat or lean on it. Help older infants pull to stand by supporting at the hips, then guide their hands along the edge so they can take a few sideways “cruising” steps. Stay close for safety and celebrate each new movement.</p>		
Resources/Materials <ul style="list-style-type: none"> • Low, stable furniture or large foam blocks • A few high-interest, infant-safe toys 	Key Vocabulary: crawl, stand, step	Support: