



Month: December Week: 2 Subject: Physical Health & Growth

Day 1	Topic(s)		Foundation(s)	
	Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square		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 in different ways (walk, gallop, stomp) and stop when they hear a signal.		May change speed and direction on purpose and show control when starting and stopping their bodies.	
Activity: “Reindeer Romp - Gallop, Stomp & Freeze” Explain that children will pretend to be reindeer moving through the snow. Practice a few movements together—galloping, stomping like hooves, and tiptoeing quietly. Play music or use a simple drum beat while children move around the space, then call “Snowstorm!” or stop the music for them to freeze like statues. Encourage them to notice how their hearts beat faster when they move and slower when they rest.				
Resources/Materials <ul style="list-style-type: none">Music player or drum (optional)		Key Vocabulary: gallop, stomp, freeze		Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square		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 pull light objects or a peer slowly while staying on a marked path.		May adjust speed and strength to move safely while pulling and stopping a “sleigh” when asked.	

Activity: “Sled Pulls - Pulling Friends Like a Reindeer & Sleigh”

Tell children they will work in pairs to pretend to be reindeer pulling a sled. Show how one child sits or kneels on a scooter, laundry basket, or mat while the “reindeer” gently pulls using a rope or holds the side. Practice starting, walking, and stopping at a signal, reminding them to move at a safe walking pace. Switch roles so both partners get a turn being reindeer and rider, then talk briefly about using strong muscles and watching where they are going.

Resources/Materials <ul style="list-style-type: none"> • Scooters, laundry baskets, or sturdy mats 	Key Vocabulary: pull, partner, stop	Support:
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Day 3	Topic(s) Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square	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 walk along a taped line while balancing an object for a short distance.	May balance an object on the head or shoulders while walking forward and turning corners with control.
<p>Activity: “Antler Balance Walk - Beanbag on Head Along Square Paths”</p> <p>Explain that children will practice moving carefully like reindeer balancing tall antlers. Place tape on the floor to make straight and square-shaped paths. Show how to place a small beanbag or soft “snowball” on the head, keep eyes forward, and walk slowly along the path without letting it fall. Children take turns walking different paths, then try small challenges like bending knees slightly or turning at the corners.</p>		
Resources/Materials <ul style="list-style-type: none"> • Small beanbags or soft balls 	Key Vocabulary: balance, path, careful	Support:



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Day 4	Topic(s)		Foundation(s)	
	Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square		PHG1.1 Demonstrate development of healthy practices PHG1.2 Demonstrate development of safety practices	
Indicators				
	Younger Preschool		Older Preschool	
	May practice putting on one or two winter items with help and begin to zip or button.		May independently put on and take off most winter clothing and fasten simple closures like zippers and snaps.	

Activity: “Winter Gear Practice - Zipping Coats, Hats & Mittens On/Off”

Connect to the science and wellbeing lessons about staying warm. Set up a “getting ready for outside” station with coats, hats, scarves, and mittens. Model the steps for putting on a coat, flipping it over the head (if using the preschool trick), and zipping it up, then invite children to practice. Encourage them to help each other with tricky parts like sleeves and mittens while using safe bodies and calm hands. Celebrate efforts toward doing more steps independently and talk about why dressing properly keeps them healthy and safe in winter.

Resources/Materials <ul style="list-style-type: none"> Child-sized coats with zippers or snaps Hats, scarves, and mittens 	Key Vocabulary: zip, mitten, ready	Support:
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Day 5	Topic(s)	Foundation(s)
	Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Preschool	Older Preschool
	May move through a simple obstacle path using basic actions like jumping, crawling, and walking.	May follow a multi-step obstacle course, using control to navigate around objects and stop at designated spots.

Activity: “Reindeer Obstacle Course - Jump Snowdrifts, Crawl Under Branches, Stop at the Square Barn”

Create a path where children pretend to be reindeer traveling through the snow. Use pillows or spots as “snowdrifts” to jump over, tunnels or low tables as branches to crawl under, and a mat or taped square on the floor as the “barn” where they stop and rest. Demonstrate the full course first, highlighting safety rules such as waiting for a turn and watching for friends. Let children move through the course several times, then invite them to help rearrange or add new obstacles.

Resources/Materials <ul style="list-style-type: none"> Cones, floor spots, or pillows for “snowdrifts” Tunnels, boxes, or low tables for crawling under 	Key Vocabulary: jump, crawl, course	Support:
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