



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 Toddlers		Older Toddlers	
	May move around the space using simple actions like walking, galloping, or stomping and stop when they notice the teacher’s signal.		May change how they move (fast/slow, big/small steps) and start and stop their bodies with growing control when playing a movement game.	
Activity: “Reindeer Gallop & Stomp - Simple Movement Game” Tell children they will move like reindeer in the snow by using their bodies in different ways. Show how to walk, then gallop, and stomp like reindeer hooves, and let them copy each movement. Play short bursts of music or use a simple drumbeat while they move, then pause and say “Freeze!” to practice stopping their bodies. Repeat several times, changing the movement each round and talking about how their bodies feel when they move and when they rest.				
Resources/Materials <ul style="list-style-type: none">• Music player or drum (optional)		Key Vocabulary: walk, gallop, stomp		Support:



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Day 2	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 PHG1.2 Demonstrate development of safety practices	
Indicators	Younger Toddlers		Older Toddlers	
	May pull a light basket or push from behind while walking slowly in a straight line.		May pull a basket carefully around simple paths, watch where they are going, and stop when asked.	

Activity: “Pull the Sleigh - Toddlers Pull Laundry Basket with Stuffed Animals”

Explain that the laundry basket is a “sleigh” and the stuffed animals are riding like passengers. Demonstrate how to hold the basket handle or rope and walk forward slowly while pulling, watching in front and stopping at a taped line when you say “Stop sleigh!” Let toddlers take turns being the “reindeer” who pulls and the friend who gently loads/unloads the stuffed animals. Remind them to walk, not run, and to keep space between sleighs to stay safe.

Resources/Materials <ul style="list-style-type: none"> • Lightweight laundry baskets or sturdy bins • Short ropes or scarves (optional for pulling) • Stuffed animals or soft toys 	Key Vocabulary: pull, sleigh, stop	Support:
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Day 3	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 Toddlers	Older Toddlers
	May crawl or scoot through a short tunnel or under a low table with encouragement.	May move through tunnels and under obstacles on hands and knees, keeping their bodies low and adjusting their speed.

Activity: Crawl Under the 'Branches' - Tunnel/Box Crawl

Tell children they will pretend to be reindeer moving under tree branches. Set up tunnels, low tables, or sturdy boxes for them to crawl under safely. Model how to get down on hands and knees, go through slowly, and come out the other side to stand up. Invite toddlers to take turns crawling under the "branches," then walking back around to try again, noticing how they use different muscles than when they walk or run.

Resources/Materials <ul style="list-style-type: none"> Play tunnels, low tables, or large sturdy boxes 	Key Vocabulary: crawl, under, low	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 PHG4.1 Demonstrate increased independence in personal care routines	
Indicators				
	Younger Toddlers		Older Toddlers	
	May try putting arms into sleeves or hands into mittens with help and begin to pull clothing onto their body.		May put on and take off some winter items (coat, hat, mittens) with less help and try simple fasteners like zippers or snaps.	

Activity: “Winter Dress-Up Practice - Try On Coats, Hats, and Mittens”

Gather a small set of child-sized coats, hats, and mittens and place them in a “winter basket.” Show children how to hold a coat, slide their arms into the sleeves, and pull it up on their shoulders. Invite toddlers to take turns dressing up, looking in a mirror if available, and then taking items off and placing them back in the basket. Encourage them to try simple skills like pulling up a zipper or pushing fingers into mittens, praising effort and building confidence in dressing for outdoor play.

Resources/Materials <ul style="list-style-type: none"> Child-sized coats with zippers or snaps Child-sized hats and mittens 	Key Vocabulary: coat, hat, zip	Support:
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Day 5	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 Toddlers	Older Toddlers
	May move through a simple path using basic actions like stepping over, walking around, or crawling under one or two obstacles.	May follow a short obstacle sequence (step, crawl, walk) with control, watching for obstacles and stopping at a marked mat.
<p>Activity: “Reindeer Obstacle Path - Step Over ‘Snow,’ Crawl, and Stop at Square Mat”</p> <p>Create a short path with soft “snow” spots to step over (pillows or cushions), a low tunnel or box to crawl through, and a taped square mat at the end as the “barn.” Show children the whole path first, then invite them to move through one at a time, using simple cues like “step,” “crawl,” and “stop at the square.” Repeat several times, letting toddlers become more confident and careful with each try, and remind them to wait for a turn and watch for friends.</p>		
Resources/Materials <ul style="list-style-type: none"> Pillows, floor spots, or foam blocks for “snow” 	Key Vocabulary: step, crawl, barn	Support: