



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 Infants	Older Infants
	May briefly lift or turn head during tummy time and glance toward the toy.	May push up on forearms, reach toward the toy, and shift weight from side to side.

Activity: “Tummy Time Reindeer Reach”

Place the infant on their tummy on a soft mat and set a soft reindeer or other toy just beyond their hands. Encourage them with a gentle voice—“Reach for the reindeer”—and, if needed, slide the toy slightly closer so they can touch it. Give babies time to push up, stretch, and rest as needed, keeping the experience short and positive. Repeat a few times during the day so tummy time becomes a familiar part of the routine.

Resources/Materials <ul style="list-style-type: none"> • Soft mat or blanket • Soft reindeer or other engaging toy 	Key Vocabulary: tummy, reach, toy	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 Infants	Older Infants
	May sit with full adult support and reach with one hand toward a nearby block.	May sit with minimal support, lean slightly to each side, and pick up or transfer a block between hands.

Activity: “Supported Sit & Reach for Blocks”

Seat the infant on the floor with support from your body, pillows, or a Boppy behind them. Place a few lightweight blocks slightly to one side so they have to reach across their body. Encourage them to grab a block, bang it gently, and then reach for another, helping them stay balanced. Offer short breaks if they begin to slump or tire so sitting remains a successful experience.

Resources/Materials <ul style="list-style-type: none"> • Soft floor mat or rug • Support pillows or infant seat • Lightweight blocks 	Key Vocabulary: sit, reach, block	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 Infants		Older Infants	
	May rock side to side or roll from tummy to back with gentle assistance.		May roll independently from back to tummy or tummy to back to move toward a toy.	

Activity: “Rolling Practice”

Lay the infant on a mat and place an interesting toy just out of reach to one side. Gently help them start the roll by guiding a leg or shoulder while saying, “Roll, roll.” For older infants, simply place the toy to the side and wait, encouraging them verbally to move toward it. Celebrate each attempt and allow plenty of time for practice without pressure.

Resources/Materials <ul style="list-style-type: none"> • Soft floor mat or blanket • Soft toy or rattle for motivation 	Key Vocabulary:	Support:
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Day 4	<table><tr><th>Topic(s)</th><th>Foundation(s)</th></tr><tr><td>Theme: Reindeer Adventures Number: 18 Letter: Nn Color: White Shape: Square</td><td>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</td></tr></table>		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
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Indicators	<table><tr><th>Younger Infants</th><th>Older Infants</th></tr><tr><td>May stand with full support at a low surface and bounce or shift weight on legs.</td><td>May step sideways while holding onto the shelf or table edge, cruising to reach toys placed along it.</td></tr></table>		Younger Infants	Older Infants	May stand with full support at a low surface and bounce or shift weight on legs.	May step sideways while holding onto the shelf or table edge, cruising to reach toys placed along it.
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Activity: “Cruising Along the Shelf”

At a sturdy low shelf or table, stand the infant with both hands on the edge and your hands close by for safety. Place a few toys spaced out along the surface to one side, inviting them to reach and take small side steps to get them. Talk about “step, step” and remind them to hold on, gently repositioning their feet as needed. End the activity by helping them safely sit down, praising their strong legs and careful walking.

Resources/Materials <ul style="list-style-type: none"> Sturdy low shelf or table (secured, no sharp edges) A few small toys placed along the edge 	Key Vocabulary: stand, step, hold	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 Infants	Older Infants
	May wiggle, scoot, or creep toward the caregiver when encouraged.	May crawl toward the caregiver and briefly pause or sit when hearing “stop” and seeing a hand signal.
<p>Activity: “Crawl & Stop Game”</p> <p>Sit a short distance away from the infant on the floor and call them with an excited voice: “Come to me!” Encourage them to crawl or scoot toward you, then occasionally hold up your hand and softly say “Stop,” waiting for them to pause before welcoming them the rest of the way. Offer hugs, claps, or gentle lifts as a reward when they reach you. Keep the distance short and the tone playful so they feel successful and eager to move.</p>		
Resources/Materials • None required	Key Vocabulary: crawl, stop, come	Support: