



## Month: November Week: 3 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
Indicators	Younger Toddlers	Older Toddlers
	May crawl through a short tunnel and go over or under a soft obstacle.	May follow a simple path (over, under, around) while keeping safe space from peers.

### Activity: “Worm Crawl Over/Under”

Set a simple obstacle path to mimic a worm’s underground trip: crawl through a low tunnel, go **over** a small foam block, then **under** a chair bridge. Model eyes forward, slow bodies, and waiting turns at each station. Repeat the path twice, encouraging children to name the direction words as they move. End with a quick “show me your safest crawl” celebration.

Resources/Materials	Key Vocabulary: over, under, crawl	Support:
<ul style="list-style-type: none"><li>• Low tunnel or table with sheet</li><li>• Foam blocks or cushions (over)</li><li>• Chair bridge or arch (under)</li></ul>		



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Day 2	Topic(s)	Foundation(s)
	Theme: Wiggly Worms & Garden Friends Number: 16 Letter: L1 Color: Gold Shape: Cone	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Toddlers	Older Toddlers
	May squeeze tongs once to pick up a pom-pom and drop it in a dish.	May transfer multiple pom-poms with control and sort by color or type.

### Activity: "Jumbo Tongs Pom-Pom Rescue"

Spread paper "grass" on trays and hide pom-pom ladybugs and worms. Show how to **pinch-lift-place** with jumbo tongs into matching bowls. Invite toddlers to switch hands halfway to build bilateral control, then try sorting by color or by "friend" type. Praise slow, steady squeezes and careful releases.

Resources/Materials	Key Vocabulary: pinch, lift, place	Support:
<ul style="list-style-type: none"><li>Trays with shredded paper "grass"</li><li>Jumbo tongs or toddler tweezers</li><li>Pom-poms (two colors/types)</li></ul>		

**Month: November Week: 3 Subject: Physical Health & Growth**

<b>Day 3</b>	<b>Topic(s)</b> Theme: Wiggly Worms & Garden Friends Number: 16 Letter: L1 Color: Gold Shape: Cone	<b>Foundation(s)</b> PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
<b>Indicators</b>	<b>Younger Toddlers</b> May walk a zig-zag path around 3-4 cones without knocking them over.	<b>Older Toddlers</b> May weave down and back while carrying a light object and stay in the lane.

**Activity: “Cone Weave Walk”**

Arrange cones in a zig-zag “garden row.” Model **weave** steps: around, around, around, then turn back. Add a soft beanbag to carry for an extra challenge and remind children about eyes forward and slow feet. Celebrate careful bodies that keep cones standing and lanes tidy.

Resources/Materials <ul style="list-style-type: none"><li>Cones arranged in zig-zag lanes</li><li>Beanbags (optional carry)</li></ul>	Key Vocabulary: weave, lane, careful	Support:
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Day 4	Topic(s)	Foundation(s)
	Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	PHG3.1 Demonstrate development of fine and gross motor coordination PHG4.1 Demonstrate increased independence in personal care routines
Indicators		
	Younger Toddlers	Older Toddlers
	May scoop and pour a small amount into a nearby bucket.	May scoop, walk carefully to a bucket, pour, and complete handwashing steps.

**Activity: “Scoop-Pour-Carry to Bucket + Wash”**

Set a sand/bean station with small scoops and a target bucket a few steps away. Model the sequence: **scoop, walk, pour, return**, then head to the sink for **wet-soap-scrub-rinse-dry**. Add footprint markers to guide the carry path. Finish by checking clean hands together and cheering successful routines.

Resources/Materials	Key Vocabulary: scoop, pour, wash	Support:
<ul style="list-style-type: none"><li>• Sand/beans bin with small scoops</li><li>• Footprint floor markers</li><li>• Handwashing visual strip at sink</li></ul>		



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Day 5	Topic(s)	Foundation(s)
	Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	PHG4.1 Demonstrate increased independence in personal care routines PHG1.1 Demonstrate development of healthy practices
Indicators	Younger Toddlers	Older Toddlers
	May follow the picture steps to wash hands after messy play.	May name key steps and scrub to a short song before rinsing and drying.

### Activity: "Handwashing Picture Steps Practice"

Review the five steps with picture cards and a quick call-and-response: **wet, soap, scrub, rinse, dry.** Sing a 20-second rhyme while scrubbing palms, backs, and between fingers. Invite helpers to point to each picture as the class practices. End with clean-hand checks and a thumbs-up for healthy habits.

Resources/Materials	Key Vocabulary: soap, scrub, rinse	Support:
<ul style="list-style-type: none"><li>• Handwashing step cards (laminated)</li><li>• Sink with soap and towels</li><li>• Short song/rhyme cue (posted)</li></ul>		