



## 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 PHG2.2 Demonstrate development of body awareness and physical activity
Indicators		
	Younger Infants	Older Infants
	May lift head briefly or turn it during tummy time.	May push up on arms or reach for a toy while on tummy.

### Activity: “Assisted Tummy Time”

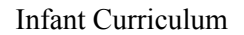
Lay infants on their tummies on a soft mat with a rolled towel under their chest for support. Place a soft toy worm or mirror in front to encourage lifting and looking. Offer gentle encouragement, moving toys slightly to motivate reaching and strengthening muscles.

Resources/Materials <ul style="list-style-type: none"> <li>• Soft mat or blanket</li> <li>• Small towel roll (for support)</li> <li>• Mirror or soft toy</li> </ul>	Key Vocabulary:	Support:
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<b>Day 2</b>	<b>Topic(s)</b> Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll 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 Infants</b>	<b>Older Infants</b>
	May lean forward and reach for an item from sitting with support.	May reach, grasp, and pass an item from one hand to the other.
<b>Activity: “Sit &amp; Reach Practice”</b> Place infants in a supported sitting position on the floor. Present large, colorful toys just beyond reach. Encourage them to stretch, lean, and grasp. This strengthens core balance and hand-eye coordination while promoting focus and confidence in movement.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Large soft toys or rings</li> <li>• Cushioned floor mat or Boppy seat for support</li> </ul>	<b>Key Vocabulary:</b> reach, grab, sit	<b>Support:</b>



<b>Day 3</b>	<b>Topic(s)</b>		<b>Foundation(s)</b>	
	Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone		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 Infants</b>		<b>Older Infants</b>	
	May rock on hands and knees or push forward slightly.		May crawl toward a toy or pull forward using both hands.	
<p>Activity: <b>“Push &amp; Pull Crawl”</b></p> <p>Set a soft cone toy slightly out of reach during tummy or crawl play. Encourage infants to push off their knees and crawl forward to get it. Narrate movements (“Push, pull, go!”) to strengthen coordination and direction awareness.</p>				
Resources/Materials <ul style="list-style-type: none"> <li>cone-shaped plush or toy</li> </ul>		Key Vocabulary: push, crawl, go		Support:



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<b>Day 4</b>	<b>Topic(s)</b> Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	<b>Foundation(s)</b> PHG3.1 Demonstrate development of fine and gross motor coordination PHG4.1 Demonstrate increased independence in personal care routines
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May bear weight briefly when supported at a low table.	May pull up or bounce while holding onto a sturdy surface.
<b>Activity: “Supported Standing”</b> Offer a sturdy, low surface or play table. Hold infants under their arms as they bear weight through their legs. For older infants, place a soft toy on the table to encourage standing balance. Celebrate effort and strength with smiles and gentle praise.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Low sturdy play table or couch edge</li> <li>• Soft toys for reaching and tapping</li> </ul>	<b>Key Vocabulary:</b> stand, up, strong	<b>Support:</b>



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<b>Day 5</b>	<b>Topic(s)</b> Theme: Wiggly Worms & Garden Friends Number: 16 Letter: Ll Color: Gold Shape: Cone	<b>Foundation(s)</b> PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.2 Demonstrate development of safety practices
<b>Indicators</b>	<b>Younger Infants</b>	<b>Older Infants</b>
	May crawl or scoot toward one cone with guidance.	May crawl around multiple cones while maintaining balance.
<b>Activity: “Cone Crawl Path”</b>  Arrange soft foam cones in a short path. Encourage infants to crawl or scoot between them, calling out “around the cone!” Guide gently as they move through, building strength, balance, and spatial awareness.		
<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>Soft foam cones or stacking cups</li> </ul>	<b>Key Vocabulary:</b> crawl, around, cone	<b>Support:</b>