



## Month: November Week: 4 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Review Week	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 copy simple animal moves (waddle, gallop, wiggle) and stop when the teacher cues.	May move in different ways across space, change speed or level when prompted, and name which body parts they are using.

### Activity: “Move Like November Animals”

Review turkeys, farm animals, and worms. Call out an animal and a way to move (waddle like a turkey, gallop like a horse, crawl like a worm). Add challenges such as moving fast/slow, high/low, or on a path around the room.

Resources/Materials <ul style="list-style-type: none"> <li>Animal picture cards (turkeys, farm animals, worms)</li> </ul>	Key Vocabulary body, fast, slow	Support:
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## Month: November Week: 4 Subject: Physical Health & Growth

Day 2	Topic(s)	Foundation(s)
	Review Week	PHG1.2 Demonstrate development of safety practices PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Preschool	Older Preschool
	May walk, crawl, or step through parts of the course while following simple “stop/go” safety rules.	May move through the course in order (over, under, around), follow safety expectations, and adjust movements to stay in control.
<p>Activity: <b>“Obstacle Course Review”</b></p> <p>Set up a simple course that combines favorite elements from this month (farm obstacle pieces, worm tunnels, cone paths). Practice safety rules, then let children travel through the course using different movements.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Cones, tunnels, balance beams, or stepping stones</li> </ul>	safe, careful, around	



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Day 3	Topic(s)	Foundation(s)
	Review Week	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 around the circle and run or jog a short distance when tapped as “turkey.”	May move with control around the circle, start and stop their body when tagged, and return to their spot without bumping peers.
<p>Activity: <b>“Duck, Duck, Turkey”</b></p> <p>Play a November version of “Duck, Duck, Goose.” Children sit in a circle while one child walks around tapping heads saying “duck” and choosing one friend to be “turkey.” Both run around the circle back to the empty spot.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Optional turkey headband or small prop for the tapper</li> </ul>	circle, tap, run	



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	Review Week	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
<b>Indicators</b>	<b>Younger Preschool</b>	<b>Older Preschool</b>
	May walk or slow jog in and out of cones while staying on the path.	May weave through cones at different speeds, keep space between bodies, and carry a light object while moving.

### Activity: “Cone Weave Relay”

Arrange cones in a zigzag path. Children take turns weaving through the cones to a turn-around point and back. Add a light “feather” or beanbag to carry for an extra challenge.

<b>Resources/Materials</b> <ul style="list-style-type: none"> <li>• Cones or floor markers arranged in a zigzag</li> <li>• Lightweight objects to carry (feathers, beanbags, soft balls)</li> </ul>	<b>Key Vocabulary:</b> weave, path, balance	<b>Support:</b>
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## Month: November Week: 4 Subject: Physical Health & Growth

Day 5	Topic(s)	Foundation(s)
	Review Week	PHG1.1 Demonstrate development of healthy practices PHG2.1 Demonstrate how the five senses support processing information
Indicators	Younger Preschool	Older Preschool
	May copy simple yoga poses and notice how their body feels when they stretch and breathe slowly.	May move into poses with more control, match breathing to slow counts, and describe how their body feels (calm, stretched, relaxed).
<p>Activity: “<b>Animal Yoga: Turkey, Cow &amp; Worm Poses</b>”</p> <p>Guide children through simple yoga poses inspired by November animals (turkey stretch, cow pose, worm stretch on the floor). Add slow breathing and quiet listening, inviting children to notice what they see, hear, and feel.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> <li>Yoga pose cards</li> </ul>	stretch, breathe, calm	