



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 Toddlers	Older Toddlers
	May copy one simple movement (waddle, crawl, wiggle) and stop when the teacher signals.	May move like different animals across space, change speed, and use words or gestures to show which animal they are.

Activity: “Move Like November Animals Review”

Review turkeys, farm animals, and worms from the month. Hold up an animal picture and invite children to move like that animal—waddle like a turkey, gallop like a horse, crawl like a worm, flap like a duck. Add simple start/stop cues with a drum or clapping.

Resources/Materials <ul style="list-style-type: none"> Animal picture cards (turkey, cow, horse, duck, worm, etc.) 	Key Vocabulary: move, fast, slow	Support:
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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 PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	May walk, crawl, or step through parts of the course while following one simple rule (walk feet, wait turn).	May travel through the course in order, follow safety directions, and adjust movements (over, under, around) to stay in control.

Activity: “Farm & Garden Obstacle Course”

Set up a simple course: crawl through a “tunnel” like a worm, step over “hay bales” (blocks), walk around “barn cones,” and jump off a low “log.” Practice safety rules together, then let children take turns moving through the course.

Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Low blocks or foam shapes for “hay bales” Cones or floor spots for “barn” markers 	over, under, careful	



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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 Toddlers	Older Toddlers
	With adult support, may walk slowly in and out of cones, keeping feet on the path.	May weave through cones with different movements (walk, tiptoe, waddle), keeping space from other children.

Activity: “Cone Weave Animal Walk”

Arrange cones in a zigzag path. Children choose an animal to pretend to be and “weave” through the cones-waddling like turkeys, tiptoeing like cats, or wiggling like worms. Encourage them to watch where their feet go and keep bodies in control.

Resources/Materials <ul style="list-style-type: none"> • Cones or floor markers arranged in a zigzag line • Animal picture cards or small animal toys for choosing roles 	Key Vocabulary: weave, around, path	Support:
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Day 4	Topic(s)	Foundation(s)
	Review Week	PHG2.1 Demonstrate how the five senses support processing information PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Toddlers	Older Toddlers
	With adult support, may follow along on a short walk and copy one or two simple animal moves.	May take part in a longer walk, change movements when cued (waddle, stomp, wiggle), and notice things they see or hear outside.

Activity: “Outdoor Waddle & Wiggle Walk”

Take toddlers on a short outdoor walk. Along the path, call out different movements: “Waddle like turkeys to the tree... now wiggle like worms... now stomp like cows.” Pause to notice what they see, hear, or feel (breeze, birds, leaves).

Resources/Materials <ul style="list-style-type: none"> Simple visual cue cards for movements (optional) 	Key Vocabulary: walk, waddle, wiggle	Support:
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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 Toddlers	Older Toddlers
	With adult support, may copy a few simple stretches and take slow breaths with the group.	May move into easy poses (turkey stretch, cow pose, worm curl), match movements to slow breathing, and tell if their body feels calm or “all done wiggly.”
<p>Activity: “Cool-Down Stretches & Animal Yoga”</p> <p>End the week with gentle stretches: reach up tall like a turkey, arch like a cow, curl small like a worm. Pair each pose with slow “smell the flower, blow the feather” breaths. Encourage toddlers to notice their bodies-“Do you feel calm? Are your muscles soft now?”</p>		
Resources/Materials <ul style="list-style-type: none"> Simple pose cards or photos (turkey stretch, cow pose, worm curl) 	Key Vocabulary: stretch, breathe, calm	Support: