



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 Infants	Older Infants
	May tolerate short bursts of tummy time, briefly lift or turn head, and adjust body slightly.	May push up on forearms, lift head higher, look around the room, and track toys or faces during tummy time.

Activity: “Assisted Tummy Time & Head Lift”

Place infants on their tummies on a soft mat, using a small rolled towel under the chest if needed. Position a turkey or farm animal toy in front of them, occasionally moving it side to side to encourage head turning and lifting. Keep sessions brief but frequent, responding to infant cues and offering comforting touch or voice.

Resources/Materials <ul style="list-style-type: none"> • Soft floor mats or blankets • Small rolled towel or chest support (as needed) • Baby-safe turkey/farm animal toys 	Key Vocabulary: lift, look, turn	Support:
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Day 2	Topic(s) Review Week	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
	With adult support, may sit with trunk and head supported, bringing hands toward midline and toys.	May sit with less support, lean forward to reach for toys, and return to a more upright position with help.
Activity: “Sit & Reach Practice with Support” Support infants in a seated position (lap, Boppy, or supported sitter spot). Place a few farm or garden toys slightly in front of them. Encourage reaching, grasping, and bringing toys to midline. Adjust support as needed so they stay stable while exploring.		
Resources/Materials <ul style="list-style-type: none"> Supportive seating (Boppy pillow, caregiver lap, or infant seat per policy) Baby-safe farm and garden toys (cows, ducks, worms, veggies) 	Key Vocabulary: sit, reach, hold	Support:



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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 Infants	Older Infants
	With adult support, may push with legs while on tummy or rock gently on knees and arms.	May scoot, army crawl, or move on hands and knees toward a desired toy, using coordinated arm/leg movements.

Activity: “Push & Pull Crawl Encouragement”

Place infants on their tummies with a favorite turkey/farm/garden toy just out of reach. Gently press against their feet to give resistance as they push. For older infants, place toys a bit farther away to encourage crawling or scooting. Celebrate any attempts to move forward, even small ones.

Resources/Materials <ul style="list-style-type: none"> High-interest baby-safe toys (rattling turkey, soft cow, crinkly worm) 	Key Vocabulary: push, go, close	Support:
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Day 4	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 Infants	Older Infants
	With adult support, may bear some weight through legs while being held upright.	May stand at a low, stable surface with hands for support, bounce gently, and shift weight between legs.

Activity: “Supported Standing at Low Surface”

Hold infants under their arms or at their trunk while they stand at a low shelf or sturdy surface. Place farm or garden toys on top to encourage looking and gentle reaching. Allow them to lightly bounce or shift weight while you ensure safety and alignment.

Resources/Materials <ul style="list-style-type: none"> • Low, sturdy shelf or activity table • Baby-safe toys at surface height (animals, soft blocks) 	Key Vocabulary: stand, feet, up	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 PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	With adult support, may roll side-to-side or pivot on tummy along the path, reaching toward spots or pillows.	May crawl or cruise along a short path, moving over or around low obstacles (pillows, soft spots) with growing control.
<p>Activity: “Simple Crawl Path with Pillows & Spots”</p> <p>Set up a short “path” on the floor using flat mats, a few low pillows, and floor spots. Place interesting turkey/farm/garden toys at the end or along the way. Invite infants to roll, scoot, or crawl along the path, with adults nearby offering gentle guidance and ensuring safe navigation over/around obstacles.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> Baby-safe toys placed along or at the end of the path 	crawl, over, around	