



Month: December 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 move their body in simple ways (walk, sway, jump) to the music and attempt to stop when the music pauses.	May use a variety of movements (hopping, spinning, tiptoeing) and show body control by freezing quickly and holding a pose until the music starts again.
<p>Activity: Holiday Freeze Dance</p> <p>Play a mix of holiday, winter, or cultural celebration songs. Invite children to move their bodies in different ways around the room while keeping safe space between friends. Randomly stop the music and call out a pose such as “snowman,” “reindeer,” or “statue,” encouraging children to freeze their bodies in that shape. Start and stop several times, giving children chances to practice body control and respond to cues.</p>		
Resources/Materials	Key Vocabulary:	Support:
<ul style="list-style-type: none"> • Music player and speakers • Selection of winter/holiday/celebration songs 	freeze, move, body	



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Day 2	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 movements (gallop, crawl, flap) for short periods of time.	May sustain movement for longer, switch between actions when prompted, and use their whole body to show different animals.
<p>Activity: Reindeer & Animal Movement Review</p> <p>Remind children of the animals they learned about in December- reindeer, bears, birds, and others. Call out an animal and model how it moves, such as galloping like a reindeer, crawling into a bear den, or flapping wings like a bird. Children move across the room or around cones, changing to a new movement each time you call a different animal. Emphasize safe bodies and using strong muscles while moving.</p>		
Resources/Materials <ul style="list-style-type: none"> Cones or floor markers (optional) 	Key Vocabulary: gallop, crawl, wings	Support:



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Day 3	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 Preschool	Older Preschool
	May attempt each part of the obstacle course with adult support and begin to follow the simple sequence of actions.	May move through the full course independently, remembering the order (jump, crawl, step) and adjusting their body to fit each challenge.
Activity: Winter Obstacle Course Set up a winter-themed obstacle course where children can jump over “snow piles,” crawl through a “bear den” tunnel, and tiptoe around “ice patches” made from floor spots. Walk through the course together first, naming each movement and safety rule. Then invite children to take turns completing the course, cheering for friends as they move. Repeat several times so they can improve balance, coordination, and confidence.		
Resources/Materials <ul style="list-style-type: none"> • Soft blocks, cones, or pillows for “snow piles” • Tunnel or table/blanket for “bear den” 	Key Vocabulary: jump, crawl, balance	Support:



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Indicators	Younger Preschool	Older Preschool
	May walk, march, or sway while holding a simple prop and follow behind a leader in the parade.	May coordinate marching steps, arm movements, and gentle prop motions while staying in line and keeping personal space.

Activity: Lunar New Year Parade Movement

Explain that many families celebrate Lunar New Year with parades that include dragons, drums, and lanterns. Give children simple props such as paper lanterns, ribbons, or dragon art from Creative Arts. Practice marching, swaying, and gently waving props while listening to festive music. Then lead the class in a short parade around the room or hallway, encouraging them to move together and notice how their bodies feel when they march and dance.

Resources/Materials <ul style="list-style-type: none"> Simple props (paper lanterns, ribbon sticks, dragon art on sticks) 	Key Vocabulary: march, parade, lantern	Support:
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Month: December Week: 4 Subject: Physical Health & Growth

Day 5	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 choose a simple outdoor game and participate with reminders about rules and body safety.	May choose between several games (such as Gingerbread Tag, Reindeer Romp, or Migration Song & Outdoor Play), follow the rules, and use a variety of gross-motor movements.
<p>Activity: Outdoor Gross-Motor Game Choice</p> <p>Remind children of the outdoor games they played in December- Gingerbread Tag, Reindeer Romp, and Migration movement games. Let the class vote on which game to play or offer rotating stations where small groups try different games. Review safety rules and then play, encouraging running, dodging, and stopping skills while staying aware of friends and boundaries. End with a quick cool-down walk and stretch.</p>		
Resources/Materials <ul style="list-style-type: none"> • Cones or chalk lines to mark boundaries • Any props needed for chosen games (gingerbread or animal cards, etc.) 	Key Vocabulary: run, stop, safe	Support: