



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 Toddlers	Older Toddlers
	May move their body in simple ways (walk, sway, bounce) and try to stop when the music pauses with adult support.	May use different movements (jump, spin, tiptoe) and stop more quickly and safely when the music stops.
Activity: Holiday Freeze Dance Play simple holiday or winter music and invite toddlers to move around the room using their whole bodies. Model movements like swaying, marching, or gentle jumping and encourage children to copy. When the music stops, say “Freeze!” and show how to stop and hold a fun pose. Repeat several rounds, praising children for listening and using safe bodies in the space.		
Resources/Materials <ul style="list-style-type: none"> • Music player • Short playlist of holiday/winter songs 	Key Vocabulary: freeze, stop, dance	Support:



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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 Toddlers	Older Toddlers
	May walk or lightly run while pretending to be a reindeer and slow down when prompted by an adult.	May attempt galloping or bigger steps, stopping and starting with more control when the teacher calls "Stop, reindeer!"

Activity: **Reindeer Gallop & Stop**

Show a picture or toy reindeer and explain that reindeer use strong legs to move. Demonstrate a simple "reindeer gallop" (big marching or light hopping steps) and invite toddlers to follow you around the room. Call out "Reindeer go!" and "Reindeer stop!" to practice starting and stopping safely. You can add fun cues like "Reindeer go fast!" or "Reindeer go slow!" for older toddlers.

Resources/Materials <ul style="list-style-type: none"> Reindeer picture or stuffed animal (optional) 	Key Vocabulary: reindeer, go, stop	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 Toddlers	Older Toddlers
	May crawl or walk through part of the obstacle path with help, exploring how to move under and around objects.	May follow the simple path more independently-crawling through the “den,” stepping over soft items, and keeping balance.

Activity: Crawl Through ‘Tunnel Den’ Obstacle Path”

Create a short obstacle path with a tunnel or table covered by a blanket as a “bear den,” plus a few soft items to step over. Show toddlers how to enter the “den” by crawling and then stand up to walk or step over the “snow piles.” Invite each child to try the path at their own pace, offering hands if they need support. Emphasize moving slowly and safely, using hands and knees in the tunnel and careful feet over obstacles.

Resources/Materials <ul style="list-style-type: none"> • Play tunnel <i>or</i> table with blanket over it • Soft blocks, pillows, or foam pieces as “snow piles” 	Key Vocabulary: crawl, under, over	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 Toddlers	Older Toddlers
	May walk behind the leader and copy a few simple movements with reminders.	May stay in line, march to a steady beat, and imitate arm and leg movements while keeping personal space.

Activity: Follow the Leader - March in a Parade

Tell toddlers you are going to have a little classroom parade, just like celebrations they've seen in pictures. Choose a leader (teacher at first) to hold a small flag or shaker and march around the room. Invite children to line up behind and copy your movements—marching, lifting knees, gently swinging arms. Take turns letting confident older toddlers be the leader while everyone else follows.

Resources/Materials <ul style="list-style-type: none"> Simple parade props (small flags, shakers, or ribbons) 	Key Vocabulary: march, follow, line	Support:
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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 Toddlers	Older Toddlers
	May try one or two animal movements outdoors with help, such as crawling like a bear or flapping like a bird.	May copy several animal movements (hop, crawl, flap) and move around the play area with more balance and control.

Activity: **Outdoor Play - Move Like Winter Animals**

Take toddlers outside and remind them of some winter animals they have seen in books (bear, bird, reindeer). Call out one animal at a time and model how to move—crawling like a bear, flapping like a bird, or stepping with big “reindeer” legs. Let children move freely in a safe space, switching animals every few minutes. End with a slow “walk like people” cool-down to help bodies calm before going back inside.

Resources/Materials <ul style="list-style-type: none"> Outdoor play space Animal picture cards (optional) 	Key Vocabulary: hop, crawl, bird	Support:
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