



Month: August Week: 4 Subject: Physical Health & Growth

Day 1	Topic(s)	Foundation(s)
	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	May hold the parachute and shake gently.	May coordinate movements with peers (lift up, go under).

Activity: Parachute Play

Children will use a large parachute (or sheet) for group movement games. Younger preschoolers may shake the parachute gently, while older preschoolers coordinate lifting together and running under when called. This builds teamwork, coordination, and gross motor skills.

Older Preschool Challenge: Have older children lead a parachute game with instructions.

Resources/Materials <ul style="list-style-type: none"> Parachute or large sheet Small balls (optional for rolling on parachute) 	Key Vocabulary: parachute, shake, lift	Support:
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Day 2	Topic(s)	Foundation(s)
	Review Week	PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Preschool	Older Preschool
	May walk across the beam with teacher support.	May walk independently, forwards and backwards.

Activity: Balance Beam Walk

Children will practice body awareness and balance by walking across a beam or taped line. Younger preschoolers may need to hold a teacher’s hand for stability, while older preschoolers will try walking independently, even backwards or sideways. This activity strengthens coordination and focus.

Older Preschool Challenge: Invite older preschoolers to carry a beanbag on their head or in their hands while balancing.

Resources/Materials <ul style="list-style-type: none"> • Balance beam or tape line • Beanbags (optional) 	Key Vocabulary: balance, walk, careful	Support:
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Day 3	Topic(s)	Foundation(s)
	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	May jump a few steps inside a sack with help.	May jump independently and finish a short race.

Activity: Sack Races

Children will climb into small sacks (or pillowcases) and jump across a short distance. Younger preschoolers may hop with teacher assistance, while older preschoolers will race in pairs or small groups. The activity promotes strength, balance, and coordination while adding fun competition.

Older Preschool Challenge: Encourage older children to jump in rhythm, chanting “hop, hop, hop.”

Resources/Materials <ul style="list-style-type: none"> • Small sacks or pillowcases 	Key Vocabulary: hop, race, jump	Support:
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Day 4	Topic(s)	Foundation(s)
	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	May throw a ball with two hands.	May throw and catch with a partner.

Activity: Toss & Catch Ocean Waves

Children will pretend they are tossing “ocean waves” using soft balls or beanbags. Younger preschoolers may practice rolling or tossing to a partner, while older preschoolers try catching and throwing back. The teacher connects movement to the month’s ocean/fish theme.

Older Preschool Challenge: Have older preschoolers toss back and forth while stepping farther apart.

Resources/Materials <ul style="list-style-type: none"> Soft balls or beanbags 	Key Vocabulary: toss, catch, throw	Support:
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Month: August Week: 4 Subject: Physical Health & Growth

Day 5	Topic(s)	Foundation(s)
	Review Week	<p>PHG2.2 Demonstrate development of body awareness and physical activity</p> <p>PHG3.1 Demonstrate development of fine and gross motor coordination</p>
Indicators	Younger Preschool	Older Preschool
	May move through a short obstacle path with support.	May complete a multi-step course independently.

Activity: Obstacle Course - “Find the Shape”

Children will move through an obstacle course that includes crawling under tables, jumping over pillows, and balancing across lines. Along the way, they will collect paper shapes (rectangle, heart, oval). Younger preschoolers will complete shorter paths with help, while older preschoolers complete full courses independently. This combines gross motor play with shape recognition.

Older Preschool Challenge: Ask older children to sort and name all shapes collected at the finish line.

Resources/Materials <ul style="list-style-type: none"> • Cones, pillows, chairs, or tape to mark the course • Paper shapes (rectangle, heart, oval) 	Key Vocabulary: obstacle, shape, move	Support:
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