



Month: February Week: 2 Subject: Physical Health & Growth

Day 1	Topic(s) Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	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
	Observe and track the movement of their own limbs.	Kick, stretch, and reach toward the caregiver or objects.
Activities: Caregivers will encourage infants to kick and reach while lying on a soft mat. Teachers will gently guide legs in a kicking motion while saying, "Kick, kick! Move like a happy heart!" Caregivers will also dangle soft toys above infants to encourage reaching. Younger infants will watch and track their own movements, while older infants may actively kick their legs, stretch their arms, or reach for nearby objects. This activity helps strengthen gross motor coordination and muscle awareness.		
Resources/Materials Soft toys for reaching	Key Vocabulary: Kick, Move, Reach, Up, Stretch	Support:



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Day 2	Topic(s) Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	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
	Listen and feel the caregiver tapping or bouncing gently.	Respond by moving their arms, and legs, or bouncing with support.
Activities: Caregivers will hold infants securely and gently bounce them in rhythm to soft, calming music. Teachers will say, "Let's bounce to the music! Bounce, bounce!" encouraging infants to engage with the beat. Younger infants will listen to the rhythmic sound and track movement, while older infants may respond by wiggling, bouncing slightly, or swaying. This activity promotes body awareness, rhythm recognition, and social bonding.		
Resources/Materials - Caregiver hands for gentle tapping - Soft music with a steady beat (optional)	Key Vocabulary: Heart, Beat, Boom, Tap, Move	Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators	Younger Infants	Older Infants
	Observe and track ball movement as it rolls.	Reach for, touch, or attempt to push the ball toward the caregiver.
Activities: Caregivers will introduce a soft, lightweight ball and gently roll it toward the infant, saying, "Look at the ball rolling! Can you touch it?" Infants will be encouraged to track the movement and eventually reach for or push it back toward the caregiver. Younger infants will watch and track the ball, while older infants may reach, touch, or push the ball. This activity enhances hand-eye coordination, movement skills, and social engagement.		
Resources/Materials	Key Vocabulary:	Support:
Soft, baby-safe ball	Roll, Ball, Push, Move, Touch	

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Day 4	Topic(s)	Foundation(s)
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Infants Curriculum

	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	PHG2.2: Demonstrate development of body awareness and physical activity.
Indicators	Younger Infants	Older Infants
	Observe and track the movement of hanging ribbons or toys.	Reach for, swipe at, or grasp objects with assistance.
Activities: Caregivers will hang soft fabric ribbons or lightweight toys from a secure, baby-safe structure. Infants will be encouraged to reach and grab the objects, while caregivers describe the action, saying, "Look at the ribbons! Can you grab one?" Younger infants will watch and track the movement of the hanging items, while older infants may reach, bat, or grasp at them, developing hand-eye coordination.		
Resources/Materials	Key Vocabulary:	Support:
- Soft fabric ribbons or lightweight baby-safe toys - Secure hanging structure or mobile	Reach, Grab, Touch, Up, Soft	

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Day 5	Topic(s)	Foundation(s)
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Infants Curriculum

	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators	Younger Infants	Older Infants
	Observe soft hearts being tossed and track movement.	Attempt to reach for, grab, or toss the soft hearts.
Activities: Caregivers will introduce soft fabric heart cutouts or plush hearts and gently toss them into the air, letting them float down. Infants will be encouraged to reach, grab, or push the hearts, while caregivers say, "Catch the heart! Where did it go?" Younger infants will watch and track the movement of the hearts, while older infants may reach, grasp, or attempt to toss them back. This activity promotes gross motor coordination and visual tracking skills.		
Resources/Materials	Key Vocabulary:	Support:
Soft, fabric heart shapes or plush hearts	Heart, Toss, Catch, Grab, Move	