



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 Toddlers	Older Toddlers
	Move their arms and legs in response to teacher cues.	Follow simple movement instructions (jump, march, stretch).
Activities: The teacher will explain that our hearts are strong and help us move! The teacher will lead a movement game where children act out different heart movements: • Jump like a happy heart! • Stretch like a growing heart! • March like a strong heart! Younger toddlers will move their bodies freely, while older toddlers will listen for cues and follow along with different movements.		
Resources/Materials • Open space for movement • Upbeat music (optional)	Key Vocabulary: Move, Jump, Stretch, Heart, Strong	Support:



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Day 2	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	PHG2.1: Demonstrate how the five senses support processing information. PHG3.2: Demonstrate development of oral motor skills.
Indicators	Younger Toddlers	Older Toddlers
	Feel their heartbeat with teacher guidance.	Compare their heartbeat before and after moving.
Activities: The teacher will ask children to place their hands on their chests and listen quietly to feel their heartbeat. Then, toddlers will do simple movements like marching or jumping and feel their heartbeat again. The teacher will guide the discussion: • “What do you feel? Is your heart going fast or slow?” • “When we move, our hearts work harder! When we rest, our hearts slow down.”		
Resources/Materials	Key Vocabulary:	Support:
• Quiet space for listening • A simple diagram or picture of a heart	Heart, Fast, Slow, Beat, Move	

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Toddler Curriculum

Day 3	Topic(s)		Foundation(s)	
	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart		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	
	Step from one heart shape to another.		Hop between hearts, using balance and coordination.	
Activities: The teacher will place paper or foam hearts on the floor in a pathway . Younger toddlers will step from one heart to another , while older toddlers will try to hop between them . The teacher will encourage movement by saying, “ Let’s hop like our hearts are excited! ”				
Resources/Materials - Large paper or foam hearts - Open space for movement		Key Vocabulary: Hop, Step, Jump, Heart, Move		Support:

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

	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	PHG1.2: Demonstrate development of safety practices. PHG2.1: Demonstrate how the five senses support processing information.
Indicators	Younger Toddlers	Older Toddlers
	Engage in simple movements by mimicking the teacher's actions.	Follow step-by-step yoga poses with growing control and balance.
Activities: The teacher will lead a simple toddler-friendly yoga session, focusing on individual movements rather than partner poses. The teacher will demonstrate gentle stretches and balancing poses, encouraging children to follow along. Simple yoga poses include: • "Reach for the Sky" – Stretch arms up high. • "Butterfly Pose" – Sit with feet together and flap legs like butterfly wings. • "Turtle Pose" – Curl into a small ball and rest. The teacher will use calming prompts like, "Let's stretch like a tall tree! Now let's be a small turtle resting!" Children will be encouraged to breathe deeply and enjoy the movements at their own pace.		
Resources/Materials • Soft mats or rugs for comfort • Calm background music (optional)	Key Vocabulary: Stretch, Breathe, Calm, Balance, Move	Support:

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Day 5	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me!	PHG2.2: Demonstrate development of



Toddler Curriculum

	Number: 5 Letter: Hh Color: Pink Shape: Heart	body awareness and physical activity. PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators		
	Younger Toddlers	Older Toddlers
	Copy simple movement prompts.	Follow multi-step movement challenges.
Activities: The teacher will hold a large red heart cutout and give different movement prompts. When the teacher raises the heart, children will do a special movement like: • Jump up and down! • Spin around! • Touch your toes! • Clap your hands! Older toddlers will follow multi-step movement sequences (e.g., “Hop two times, then spin!”). The game continues with fun, fast-paced actions that get toddlers moving and laughing.		
Resources/Materials	Key Vocabulary:	Support:
• Large red heart cutout • Open space for movement	Jump, Spin, Clap, Heart, Move	