



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

Day 1	Topic(s) Theme: Review	Foundation(s) PHG3.1 Demonstrate development of fine and gross motor coordination.
Indicators	Younger Toddlers	Older Toddlers
	Engage in simple movements like marching and clapping.	Follow movement cues and imitate various heart-related motions.
Activities: Teachers will guide toddlers in movements that mimic a healthy heart. Marching in place, jumping, stretching, and running in place will help children understand how movement keeps our bodies strong. Teachers will ask, “What happens when we move a lot? Does your heart go faster or slower?” This activity promotes physical activity awareness and movement coordination .		
Resources/Materials • Open space for movement • Visuals or posters of the heart • Music for guided movement	Key Vocabulary: Heart Jump Fast	Support:



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Day 2	Topic(s)	Foundation(s)
	Theme: Review	PHG2.2 Demonstrate development of body awareness and physical activity.
Indicators	Younger Toddlers	Older Toddlers
	Move their bodies freely to music with teacher guidance.	Follow specific movement instructions such as jumping, stomping, or clapping.
Activities: Teachers will play different types of music and encourage toddlers to move in various ways. Movement games like “Freeze Dance” and “Move Like...” (e.g., move like an animal or an instrument) will encourage participation. Teachers can say, “Can you move like a drum? Can you sway like a trumpet?” This activity strengthens gross motor skills and rhythm awareness.		
Resources/Materials	Key Vocabulary:	Support:
Speakers with different music genres (jazz, classical, upbeat, slow)	Dance Move Jump	

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Toddler Curriculum

Day 3	Topic(s)	Foundation(s)
	Theme: Review	PHG3.1 Demonstrate development of fine and gross motor coordination.
Indicators	Younger Toddlers	Older Toddlers
	Attempt to toss bean bags toward a target with help.	Aim and throw bean bags independently into a container.
Activities: Teachers will set up a simple bean bag toss game, using baskets or bins. Children will take turns tossing bean bags into different-sized targets. Teachers will ask, “Can you make it into the big basket? What happens if you stand farther away?” This activity promotes hand-eye coordination, aiming, and gross motor skills.		
Resources/Materials	Key Vocabulary:	Support:
• Bean Bags • Basket or Bin	Throw Toss Catch	

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

	Theme: Review	PHG2.1 Demonstrate how the five senses support processing information.
Indicators	Younger Toddlers	Older Toddlers
	Wave ribbons and watch them move.	Follow movement patterns with ribbons (swaying, twirling, jumping).
Activities: Teachers will provide ribbons or scarves for children to wave, twirl, and dance with. They will encourage slow and fast movements, saying, “Can you make your ribbon dance like a swirling circle? Can you wave it high in the air?” This activity helps toddlers explore movement, spatial awareness, and rhythm.		
Resources/Materials	Key Vocabulary:	Support:
- Colorful ribbons or scarves - Music for dancing	Wave High Twirl	

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

	Theme: Review	PHG1.1 Demonstrate development of healthy practices.
Indicators	Younger Toddlers	Older Toddlers
	Stop and go with teacher guidance.	Independently follow “stop” and “go” cues.
Activities: Teachers will play a simple version of “Red Light, Green Light,” using colored signs. Children will run, walk, or hop when “Green Light” is called and freeze when “Red Light” is called. Teachers will ask, “What happens when we stop? What happens when we go?” This activity promotes listening skills, impulse control, and movement coordination.		
Resources/Materials	Key Vocabulary:	Support:
- Red and green colored signs or paper - Open space for running or hopping	Stop Go Wait	