



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

Day 1	Topic(s)	Foundation(s)
	Theme: Review	PHG3.1 Demonstrate development of fine and gross motor coordination.
Indicators	Younger Infants	Older Infants
	Show excitement and movement when listening to rhythmic sounds.	Engage in stretching, gentle bouncing, and assisted movement exercises to mimic a heart's beats.
Activities: Caregivers gently guide infants in movement activities, such as stretching arms up and out, gently bouncing while holding them, or helping them march in place to the rhythm of a heartbeat sound recording.		
Resources/Materials Heartbeat sound recording	Key Vocabulary: Heart, beat, move, up, down.	Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Review		PHG3.1 Demonstrate development of fine and gross motor coordination.	
Indicators				
	Younger Infants		Older Infants	
	React to sounds with small movements such as wiggling hands and feet.		Move their bodies freely in response to familiar music and guided prompts.	
Activities: Play upbeat, engaging music and encourage movement. Caregivers assist infants in simple movements like clapping, swaying, and gently rocking to the rhythm.				
Resources/Materials Tablet for music		Key Vocabulary: Dance, move, music, clap, rock.		Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Review	PHG2.2 Demonstrate development of body awareness and physical activity.
Indicators	Younger Infants	Older Infants
	Follow and reach toward floating bubbles.	Attempt to pop bubbles with their hands or feet while standing with assistance.
Activities: Caregivers blow bubbles in the air while encouraging infants to watch, reach, and pop them. This supports visual tracking, reaching, and gross motor engagement.		
Resources/Materials	Key Vocabulary:	Support:
- Non-toxic bubbles - Music (optional)	Bubble, pop, reach, up, down	

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Infant Curriculum

Day 4	Topic(s)	Foundation(s)
	Theme: Review	PHG3.1 Demonstrate development of fine and gross motor coordination.
Indicators	Younger Infants	Older Infants
	Track moving ribbons with their eyes.	Grasp and wave soft ribbons in the air.
Activities: Provide soft, lightweight ribbons and encourage infants to wave them while listening to music. Caregivers guide movements by demonstrating slow and fast motions.		
Resources/Materials	Key Vocabulary:	Support:
- Soft ribbons - Music	Ribbon, wave, fast, slow, up, down	

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

	Theme: Review	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	Respond to gentle movement by stretching arms or legs.	Engage in assisted stretches, reaching movements, and playful body exercises.
Activities: Caregivers lead a session of gentle guided stretching and movement, including reaching for toys, stretching arms up high, and gently moving legs to encourage coordination.		
Resources/Materials	Key Vocabulary: Stretch, reach, up, down, move	Support: