

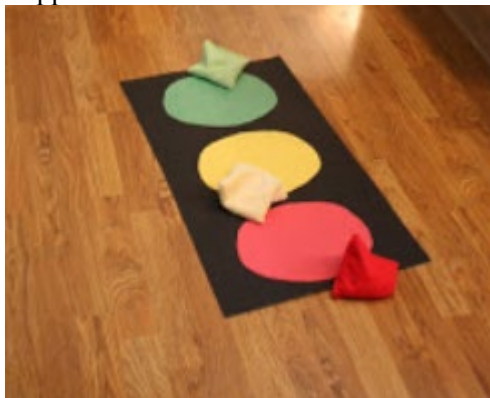


Month: February Week: 1 Subject: Physical Health & Growth

Day 1	Topic(s) Theme: Black Inventors Number: 4 Letter: Bb Color: Yellow & Brown Shape: Star	Foundation(s) PHG2.2: Demonstrate development of body awareness and physical activity.
Indicators	Younger Toddlers	Older Toddlers
	Mimic simple arm and leg movements with teacher guidance.	Follow multi-step movement sequences while engaging in imaginative play.
Activities: Discuss how inventors use their hands and bodies to create things. Lead toddlers in a movement activity where they mimic different inventor actions (e.g., hammering, twisting a screwdriver, mixing a solution). Younger toddlers will practice gross motor movements, while older toddlers will attempt to follow more complex sequences of movements.		
Resources/Materials • Open space for movement • Simple tools or props (plastic wrenches, cups for “mixing”)	Key Vocabulary: Move, Twist, Build, Create	Support:



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Day 2	Topic(s)	Foundation(s)
	Theme: Black Inventors Number: 4 Letter: Bb Color: Yellow & Brown Shape: Star	PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators	Younger Toddlers	Older Toddlers
	Grasp and toss objects towards a target with teacher assistance.	Aim and throw objects into different-sized baskets independently.
Activities: Inspired by George Washington Carver, set up a beanbag toss game where toddlers throw soft, lightweight balls or beanbags into baskets. This will help develop their hand-eye coordination. Younger toddlers will focus on grasping and tossing short distances, while older toddlers will aim for further targets and practice control.		
Resources/Materials - Soft beanbags or foam balls - Small and large baskets for tossing	Key Vocabulary: Throw, Catch, Aim, Toss	Support: 

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Day 3	Topic(s)	Foundation(s)
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Toddler Curriculum

	Theme: Black Inventors Number: 4 Letter: Bb Color: Yellow & Brown Shape: Star	PHG2.2: Demonstrate development of body awareness and physical activity.
Indicators	Younger Toddlers	Older Toddlers
	Crawl, lift, and push objects with assistance.	Climb, balance, and carry lightweight objects.
Activities: Help toddlers develop muscle strength by engaging in activities such as crawling through tunnels, climbing over soft blocks, and lifting lightweight objects. Younger toddlers will focus on crawling and pulling themselves up, while older toddlers will climb, balance, and push small objects across a space. Discuss how inventors need strong hands to build things.		
Resources/Materials • Soft climbing blocks • Tunnels or crawling mats	Key Vocabulary: Strong, Climb, Push, Lift	Support:

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

	Theme: Black Inventors Number: 4 Letter: Bb Color: Yellow & Brown Shape: Star	PHG1.2: Demonstrate development of safety practices.
Indicators	Younger Toddlers	Older Toddlers
	Respond to cues and move forward when directed.	Stop and go independently while practicing balance.
Activities: Reinforce safety and listening skills through a fun game of Red Light, Green Light . Explain that Garrett Morgan invented the traffic light to keep people safe. Stand at one end of the play area and call out “green light” to let toddlers move forward and “red light” to make them stop. Younger toddlers will focus on stopping and going with guidance, while older toddlers will work on balance and quick reactions.		
Resources/Materials - Red and green color cards or signs - Open space for movement	Key Vocabulary: Stop, Go, Light, Traffic	Support:

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Day 5	Topic(s)	Foundation(s)
	Theme: Black Inventors Number: 4	PHG3.1: Demonstrate development of fine and gross motor coordination.



Toddler Curriculum

	Letter: Bb Color: Yellow & Brown Shape: Star	
Indicators	Younger Toddlers	Older Toddlers
	Move their arms and legs freely in response to music.	Follow simple dance steps and move rhythmically to a beat.
Activities: Encourage toddlers to move and express themselves through dance. Play different styles of music and encourage toddlers to twirl, stomp, and wave scarves in the air like shining stars. Younger toddlers will move freely, while older toddlers will attempt to follow rhythmic beats and simple dance moves.		
Resources/Materials • Music player • Scarves or ribbons for creative movement	Key Vocabulary: Dance, Move, Twirl, Rhythm	Support: