



Month: January Week: 2

Subject: Physical Health and Growth

Day 1	Topic(s)		Foundation(s)	
	Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa		PHG1.1: Demonstrate development of healthy practices (e.g., tummy time).	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Engage in tummy time while observing square toys.		Reach for and grasp square toys during tummy time.	



Activities	
The teacher will place soft square-shaped toys just out of reach on a soft mat. The teacher will encourage younger infants to lift their heads, saying, "Can you look at the square?" Caregivers will help position infants for tummy time. Older infants will be guided to reach for and grasp the toys, with the teacher praising their efforts, saying, "You got the square!"	
Resources and Materials	
• Soft square-shaped toys • Tummy time mat	
Topic Related Language/ Key Vocabulary	Supports
Tummy, square, reach, hold	



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Day 2	Topic(s) Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa Foundation(s) PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators		
	Infants (0-6 months) Infants (6-12 months)	
	Watch as scarves are moved in their line of sight. Reach for and grasp scarves with caregiver guidance	



Activities	
The teacher will wave soft gray (or any color) scarves slowly in front of the infants, saying, "Look at the gray scarf moving!" Younger infants will be encouraged to track the scarves with their eyes, while older infants will be guided to reach out and grasp the scarves. The teacher will describe their actions, saying, "You're holding the scarf!"	
Resources and Materials	
• Soft gray scarves • Open space for exploration	
Topic Related Language/ Key Vocabulary	Supports
Gray, scarf, reach, move	



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Day 3	Topic(s) Foundation(s)	
	Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa	PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators		
	Infants (0-6 months) Sit with support while observing toys.	Infants (6-12 months) Sit independently and reach for toys.



Activities	
The teacher will place infants in a supported seated position using soft pillows and present toys slightly out of reach. Caregivers will assist younger infants in sitting upright, saying, "Look at the toy in front of you!" Older infants will be encouraged to sit independently and reach for toys while the teacher praises their balance and coordination, saying, "You're sitting so tall and reaching so far!"	
Resources and Materials	
• Soft pillows for support (or something similar to help with support) • Infant-safe toys	
Topic Related Language/ Key Vocabulary	Supports
Sit, reach, toy, tall	



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Day 4	Topic(s)		Foundation(s)	
	Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Touch and grasp square objects with caregiver assistance.		Hold and manipulate square objects independently.	



Activities	
The teacher will present square-shaped objects of various textures, saying, "Can you touch the square?" Caregivers will help younger infants grasp and hold the objects, while older infants will be encouraged to manipulate them independently. The teacher will describe their actions, saying, "You're holding the soft square!"	
Resources and Materials	
• Square-shaped toys made of various textures (e.g., foam, felt) • Clean mat for exploration	
Topic Related Language/ Key Vocabulary	Supports
Square, hold, touch, soft	

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Day 5	Topic(s)		Foundation(s)	
	Theme: Ice and Snow Shape: Square Number: 2 Color: Gray Letter: Aa		PHG2.1: Demonstrate how the five senses support processing information.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Attempt to roll over with caregiver assistance.		Roll over independently toward a toy or caregiver.	

Activities

The teacher will place a colorful toy on one side of the infant, saying, "Look at the toy! Can you roll over to reach it?" Caregivers will gently guide younger infants to roll over, supporting their movements. Older infants will be



encouraged to roll independently toward the toy, with the teacher cheering them on, saying, "You rolled over all by yourself!"

Resources and Materials

- Brightly colored toys
- Soft mat for rolling practice

Topic Related Language/ Key Vocabulary

Roll, over, reach, toy

Supports

