



Month: January Week: 4

Subject: Physical Health and Growth

Day 1	Topic(s)		Foundation(s)	
	Review Week		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Lift head and strengthen neck muscles during tummy time.		Push up on their hands or roll toward a toy during tummy time.	



Activities

The teacher will place soft square-shaped toys in front of infants during tummy time to encourage interaction.

- **Younger Infants:** The teacher will position the infant on their tummy and guide their attention toward the square toy, saying, "Look at the bright red square. Can you lift your head to see it?"
- **Older Infants:** The teacher will encourage movement by placing a square toy slightly out of reach, saying, "Can you reach the square? You're so strong!"

Resources and Materials

- Soft, colorful square toys
- Soft mat for tummy time

Topic Related Language/ Key Vocabulary

Tummy, square, reach, head, lift

Supports





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Day 2	Topic(s)		Foundation(s)	
	Review Week		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Track a scarf's movement visually while lying on their back.		Reach for or grasp a scarf with hands.	



Activities

The teacher will use lightweight scarves to engage infants in reaching and tracking exercises.

- **Younger Infants:** The teacher will move the scarf slowly above the infant, saying, "See the scarf float? Follow it with your eyes."
- **Older Infants:** The teacher will encourage reaching by holding the scarf close and moving it away, saying, "Can you grab the scarf? You got it!"

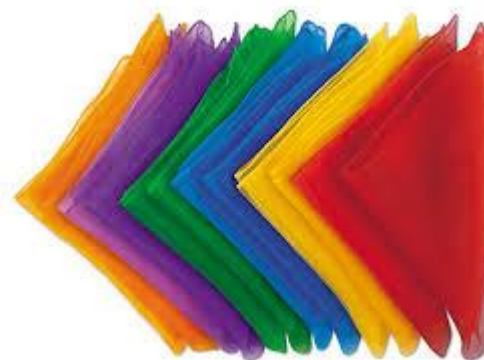
Resources and Materials

- Lightweight, colorful scarves
- Soft play mat

Topic Related Language/ Key Vocabulary

Scarf, float, grab, reach, soft

Supports





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Day 3	Topic(s)		Foundation(s)	
	Review Week	PHG3.1: Demonstrate development of fine and gross motor coordination.		
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Sit with support to practice head and trunk balance.		Sit independently and reach for objects to improve balance.	



Activities

The teacher will use a soft cushion to support younger infants and toys to encourage reaching and balancing.

- **Younger Infants:** The teacher will help the infant sit on the cushion, saying, "You're sitting so tall! Can you hold your head up?"
- **Older Infants:** The teacher will place toys around the infant to encourage reaching, saying, "Can you grab the blue ball? You're balancing so well!"

Resources and Materials

- Soft cushions for sitting support
- Lightweight toys for reaching

Topic Related Language/ Key Vocabulary

Balance, sit, reach, hold, cushion

Supports





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Day 4	Topic(s)		Foundation(s)	
	Review Week		PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Stretch arms toward toys with teacher encouragement.		Move or crawl toward toys to explore.	

Activities



The teacher will place engaging toys at varying distances to encourage infants to reach or crawl.

- **Younger Infants:** The teacher will guide the infant's hand toward the toy, saying, "You're reaching so far! Almost there!"
- **Older Infants:** The teacher will place a toy slightly out of reach to encourage crawling, saying, "Can you move closer to get the toy? You're so fast!"

Resources and Materials

- Colorful, infant-safe toys
- Soft mat for play

Topic Related Language/ Key Vocabulary

Reach, stretch, crawl, toy, closer

Supports





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Day 5	Topic(s)		Foundation(s)	
	Review Week		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Infants (0-6 months)		Infants (6-12 months)	
	Grasp a soft ball with teacher assistance.		Roll or pass a soft ball during play.	



Activities

The teacher will introduce soft toy balls for grasping, rolling, and interactive play.

- **Younger Infants:** The teacher will help the infant hold the ball, saying, "Feel the ball in your hand. Can you squeeze it?"
- **Older Infants:** The teacher will roll the ball gently to the infant, saying, "Can you roll the ball back to me? Great job!"

Resources and Materials

- Soft, infant-safe balls
- Open space for rolling

Topic Related Language/ Key Vocabulary

Ball, roll, squeeze, grasp, pass

Supports

