



Month: January Week: 4

Subject: Physical Health & Growth

Day 1	Topic(s)		Foundation(s)	
	Review Week		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators	Younger Toddlers		Older Toddlers	
	Toddlers may participate in simple yoga poses with teacher guidance.		Toddlers may explore stretching and balance during the activity.	



Activities	
The teacher will lead Toddler Yoga, introducing poses like "Triangle Pose" (arms outstretched, legs apart) and "Butterfly Pose" (feet together, flapping legs). Toddlers may attempt the poses and explore body movements. The teacher will encourage participation by saying, "Let's stretch like a big triangle!"	
Resources and Materials	
• Mats or soft floor area	
Topic Related Language/ Key Vocabulary	Supports
Stretch, pose, balance, yoga	<u>Yoga for Kids!</u>

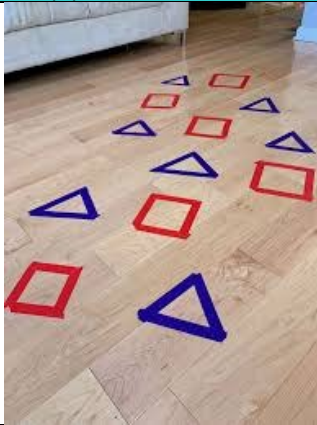


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Day 2	Topic(s)		Foundation(s)	
	Review Week		PHG3.1: Demonstrate development of fine and gross motor coordination. PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators				
	Younger Toddlers		Older Toddlers	
	Toddlers may hop on triangle shapes placed on the floor.		Toddlers may practice balance and coordination while hopping.	



Activities	
The teacher will place large triangle cutouts on the floor. Toddlers may hop from one triangle to another, practicing coordination and balance. The teacher will encourage exploration by saying, "Can you hop to the blue triangle?" or "Let's see how high you can jump!"	
Resources and Materials	
Triangle cutouts in various size with tape	
Topic Related Language/ Key Vocabulary	Supports
Hop, jump, triangle, balance	



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Day 3	Topic(s)		Foundation(s)	
	Review Week	PHG3.1: Demonstrate development of fine and gross motor coordination. PHG2.2: Demonstrate development of body awareness and physical activity.		
Indicators				
	Younger Toddlers		Older Toddlers	
	Toddlers may walk along a balancing path made of triangle shapes.		Toddlers may practice coordination and balance while following the path.	



Activities

The teacher will create a **Triangle Balancing Path** using foam shapes or tape on the floor in a triangle pattern. Toddlers may walk along the path, focusing on balance and body control. The teacher will guide them by saying, "Can you walk slowly on the triangle line?"

Resources and Materials

- Foam shapes or tape to create a triangle path
- Open play space

Topic Related Language/ Key Vocabulary

Balance, triangle, step, path

Supports





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Day 4	Topic(s)		Foundation(s)	
	Review Week		PHG3.1: Demonstrate development of fine and gross motor coordination. PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators				
	Younger Toddlers		Older Toddlers	
	Toddlers may stomp and slide like they're skating with teacher guidance.		Toddlers may practice movement and coordination during the activity.	



Activities	
The teacher will lead a Stomp and Slide activity, where toddlers practice stomping their feet and sliding across the floor (using socks or non-slip mats). Toddlers may pretend to be skating on ice, exploring different ways to move. The teacher will encourage them by asking, "How do you stomp loudly?" or "Can you slide like an ice skater?"	
Resources and Materials	
• Non-slip mats or smooth surfaces for sliding	
Topic Related Language/ Key Vocabulary	Supports
Stomp, slide, skate, move	



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Day 5	Topic(s)		Foundation(s)	
	Review Week		PHG3.1: Demonstrate development of fine and gross motor coordination. PHG4.1: Demonstrate increased independence in personal care routines.	
Indicators				
	Younger Toddlers		Older Toddlers	
	Toddlers may follow a moving blue triangle during an interactive game.		Toddlers may develop spatial awareness and coordination while participating.	



Activities	
The teacher will lead a game where a large blue triangle cutout is moved around the room. Toddlers may follow the triangle using movements such as crawling, hopping, or running as prompted by the teacher. The teacher will guide spatial awareness by saying, "Let's crawl to catch the triangle!"	
Resources and Materials	
• Large blue triangle cutout	
Topic Related Language/ Key Vocabulary	Supports
Follow, triangle, move, catch	