



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

Day 1	Topic(s)	Foundation(s)
	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	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
	Will attempt to crawl forward using hands and knees.	Will follow a teacher-led movement sequence of crawling, rolling, and stretching like a caterpillar.
Activity: Crawl Like a Caterpillar- Create a soft obstacle course with tunnels, mats, and pillows for toddlers to crawl like a caterpillar. Younger toddlers will focus on crawling through the space, while older toddlers will follow a guided movement sequence (crawl → roll → stretch like a butterfly emerging). Challenge for Older Toddlers: Encourage them to wiggle their bodies like a real caterpillar, stopping to "munch" on imaginary leaves.		
Resources/Materials	Key Vocabulary:	Support:
Play tunnels	Crawl, wiggle, stretch	



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Day 2	Topic(s)	Foundation(s)
	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	PHG3.1 – Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	Will attempt small jumps with teacher support.	Will jump forward using both feet and bend knees for higher jumps.
Activity: Jump Like a Grasshopper- Play "Jump Like a Grasshopper", where toddlers practice jumping in place and forward. Younger toddlers will get hand support from teachers as they try to jump, while older toddlers will bend their knees and try big jumps across a mat. Challenge for Older Toddlers: Encourage them to jump over small obstacles (like tape lines or low foam blocks) while counting their jumps.		
Resources/Materials	Key Vocabulary:	Support:
- Soft mats for jumping - Low foam blocks or tape lines for jumping over	jump, high, land	

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

	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	PHG2.2 – Demonstrate development of body awareness and physical activity
Indicators	Younger Toddlers	Older Toddlers
	Will attempt to imitate bug movements using body coordination.	Will transition between different bug-inspired movements in sequence.
Activity: Move Like A Bug- Guide toddlers through a fun movement game where they imitate different bug motions: ● Caterpillar – Crawl forward ● Butterfly – Flap arms like wings ● Ant – Walk in a straight line ● Grasshopper – Small jumps Younger toddlers will focus on one movement at a time, while older toddlers will transition between movements in a sequence. Challenge for Older Toddlers: Ask them to create their own bug movement and have friends copy them.		
Resources/Materials	Key Vocabulary:	Support:
● Picture cards of different bugs for reference	Crawl, fly, hop	"The Millipede March!" Bug Dance  Insect Brain Break Danny Go! Songs for Kids

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

	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	PHG3.1 – Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	Will attempt to throw soft objects into a target area.	Will aim and throw toy bugs into a target with greater accuracy.
Activity: Set up small baskets or hula hoops as "bug homes" and give toddlers soft toy bugs or bean bags to throw into the targets. Younger toddlers will practice tossing at close range, while older toddlers will aim from farther away. Challenge for Older Toddlers: Encourage them to use both hands and alternate throwing between left and right hands.		
Resources/Materials	Key Vocabulary:	Support:
- Soft toy bugs or bean bags - Small baskets or hula hoops as targets	throw, catch, aim	

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Day 5	Topic(s)	Foundation(s)
	Theme: Bugs & Insects Number: 7	PHG3.1 – Demonstrate development of fine and gross motor coordination



Toddler Curriculum

	Letter: Ff Color: Blue Shape: Oval	
Indicators		
	Younger Toddlers	Older Toddlers
	Will wave ribbons while moving arms and bodies.	Will follow teacher-led movements while dancing with ribbons.
Activity: Ribbon Dance, Fly Like a Butterfly- Provide each child with a long ribbon or streamer and encourage them to wave it in the air while moving like a butterfly. Younger toddlers will freely wave and move, while older toddlers will follow movement cues like circling arms, twirling, and "landing on a flower" (pausing movement). Challenge for Older Toddlers: Ask them to move their ribbons in different patterns (zigzag, circles, up and down).		
Resources/Materials	Key Vocabulary:	Support:
Ribbon wands or scarves	fly, swirl, wave	