



Month: March Week: 2 Subject: Physical Health & Growth

Day 1	Topic(s) Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	Foundation(s) PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	May lift their head while observing flowers placed around them.	Can reach, pivot, and grasp flowers during tummy time.
Activity: The teacher will place soft fabric flowers around the infant during tummy time to encourage lifting their head, reaching, and pivoting. • Younger infants may watch the flowers and track them with their eyes. • Older infants can reach, grab, and explore the flowers while pushing up on their hands. The teacher may move a flower and say, "Look at the flower! Can you reach it?"		
Resources/Materials • Soft fabric or felt flowers • Tummy time mat or soft blanket	Key Vocabulary: reach, flower, lift, touch	Support:



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Day 2	Topic(s) Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	Foundation(s) PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May listen to the sound of the rattle and track it with their eyes.	Can grasp and shake the rattle, engaging their hands and arms.
Activity: The teacher will gently shake a baby rattle near the infants to encourage tracking, grasping, and shaking movements. • Younger infants may listen and follow the rattle's movement with their eyes. • Older infants can hold and shake the rattle themselves, developing hand strength and coordination. The teacher may say, "Shake, shake, shake! Can you make some noise?"		
Resources/Materials • Baby-safe rattles in different colors	Key Vocabulary: shake, listen, rattle, sound	Support:

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Infant Curriculum

Day 3	Topic(s)	Foundation(s)
	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	May watch as the teacher demonstrates dropping and placing objects.	Can grasp, drop, and pick up objects, strengthening fine motor skills.
Activity: The teacher will provide soft blocks or lightweight toys for infants to grasp, hold, drop, and pick up. • Younger infants may watch and track as the teacher demonstrates dropping an object into a container. • Older infants can pick up and drop objects into a small basket, developing hand-eye coordination. The teacher may say, "Drop the block! Can you pick it up?"		
Resources/Materials	Key Vocabulary:	Support:
• Soft blocks or lightweight toys • Small basket or container	drop, pick up, in, out	

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

	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	PHG2.1 Demonstrate how the five senses support processing information
Indicators	Younger Infants	Older Infants
	May track moving objects as the teacher encourages reaching.	Can reach for and grab objects, strengthening hand control and coordination.
Activity: The teacher will dangle soft toys or ribbons slightly above the infants to encourage them to reach and grasp. • Younger infants may watch as the teacher moves the objects overhead. • Older infants can reach up, grab, and pull objects, strengthening their arm and shoulder muscles. For tummy time, the teacher may place the toys slightly out of reach to encourage pushing up and pivoting. The teacher may say, "Can you reach the ribbon? Grab it!"		
Resources/Materials	Key Vocabulary:	Support:
• Soft toys or lightweight ribbons	reach, grab, up, play	

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Day 5	Topic(s)	Foundation(s)
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Infant Curriculum

	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	May listen to the music and observe movement.	Can bounce, wiggle, or clap in response to music.
Activity: The teacher will play a gentle spring-themed song and encourage movement. • Younger infants may watch the teacher sway or move while listening to the music. • Older infants can bounce, wiggle, or clap along to the beat, practicing coordination. The teacher may gently guide infants in rocking side to side or lifting their arms while saying, "Let's dance to the music!"		
Resources/Materials	Key Vocabulary:	Support:
• Soft spring-themed instrumental music	dance, move, clap, wiggle	