



Month: March Week: 3 Subject: Physical Health & Growth

Day 1	Topic(s) Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	Foundation(s) PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May lift their arms and legs in response to the teacher's encouragement.	Can reach, pivot, scoot, or crawl toward objects placed near them.
Activity: The teacher will place soft toys or objects slightly out of reach to encourage infants to stretch, reach, and move toward them . Younger infants will be supported in lifting and extending their arms or legs , while older infants will be encouraged to pivot, scoot, or crawl to grab the objects . The teacher will use positive reinforcement (<i>"You reached for the toy! Great job!"</i>) and gently guide infants as they develop body control.		
Resources/Materials • Soft plush toys or textured balls • Safe, open floor space	Key Vocabulary: Reach Move Stretch	Support:



Month: March Week: 3 Subject: Physical Health & Growth

Day 2	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	May track the movement of floating scarves.	Can grab, wave, or move scarves while seated or crawling.
Activity: The teacher will introduce light, colorful scarves and gently wave them in front of infants to encourage visual tracking and grasping movements. Younger infants will be encouraged to follow the floating scarves with their eyes, while older infants can grasp, shake, or wave the scarves to strengthen fine motor control. The teacher will incorporate movement by tossing scarves slightly away, allowing infants to reach, pivot, or scoot toward them.		
Resources/Materials	Key Vocabulary:	Support:
• Scarves • Safe, open floor space	Wave Grab Float	

Month: March Week: 3 Subject: Physical Health & Growth



Infant Curriculum

Day 3	Topic(s)		Foundation(s)	
	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Infants		Older Infants	
	May track and reach for rolling balls.		Can push, roll, or crawl toward a rolling ball.	
Activity: The teacher will gently roll large, soft balls slightly out of reach to encourage infants to reach, push, or crawl toward them . Younger infants will be encouraged to bat at and track the balls , while older infants may move, scoot, or crawl toward the rolling balls . The teacher will narrate movements (“ <i>The ball is rolling! Let’s catch it!</i> ”) to reinforce cause and effect.				
Resources/Materials • Large, soft balls • Open play area for movement		Key Vocabulary: Roll Catch Move		Support: 

Month: March Week: 3 Subject: Physical Health & Growth

Day 4	Topic(s)	Foundation(s)
-------	----------	---------------



	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	May attempt to grab a ball covered with tape or fabric.	Can pull, grasp, and remove soft barriers to retrieve a ball.
Activity: The teacher will set up a ball rescue game where soft balls are placed under a loosely secured fabric or gentle tape across a container . Younger infants will be encouraged to touch and explore the texture , while older infants will work on pulling the fabric or tape to rescue the balls . This activity promotes fine motor strength and problem-solving skills as infants discover ways to retrieve the objects.		
Resources/Materials • Small, soft balls • Light fabric or tape for gentle obstruction	Key Vocabulary: Pull Find Grab	Support:  Sticky Tape Ball Rescue

Month: March Week: 3 Subject: Physical Health & Growth

Day 5	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery	PHG1.2 Demonstrate development of



Infant Curriculum

	Number: 9 Letter: Hh Color: Purple Shape: Rectangle	safety practices through movement
Indicators	Younger Infants	Older Infants
	May listen and respond to rhythmic songs with coos or kicks.	Can clap, move, or bounce to the rhythm of familiar songs.
Activity: The teacher will lead a nursery rhyme sing-along while incorporating gentle movements like clapping, bouncing, and swaying. Younger infants will be encouraged to listen and respond to the rhythm, while older infants can clap, sway, or bounce in response to the teacher's cues. Can clap, move, or bounce to the rhythm of familiar songs.		
Resources/Materials - Teacher-led singing or recorded nursery rhymes - Open space for movement	Key Vocabulary: Sing Clap Move	Support: