



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) PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	Can flap their arms while walking or running.	Can flap their arms while running across a short distance.
Activity: The teacher will say, <i>"Birds flap their wings when they fly. Let's pretend to be birds and race to the other side!"</i> • Younger toddlers will walk or run while flapping their arms like wings. • Older toddlers will flap their arms while running from one side of the room or playground to the other. The teacher will encourage participation by calling out, <i>"Fly high! Fly low! Flap your wings fast!"</i> Challenge for Older Toddlers: Older toddlers will be encouraged to balance on one foot like a bird on a branch before taking off in their race.		
Resources/Materials • Open space for running • Optional small scarves for "wings"	Key Vocabulary: Flap Fly Race	Support:

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Toddler Curriculum

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 Toddlers		Older Toddlers	
	Can hold a plastic egg and walk slowly.		Can try walking while balancing an egg on a spoon.	
Activity: The teacher will say, <i>"Birds take care of their eggs. Let's see if we can carry an egg just like they do!"</i> • Younger toddlers will hold a plastic egg in their hands and walk across a short path. • Older toddlers will be challenged to balance their egg on a spoon while walking carefully. The teacher will cheer them on by saying, <i>"Go slow! Don't drop your egg!"</i> Challenge for Older Toddlers: Older toddlers will try walking around simple obstacles while balancing their egg on a spoon.				
Resources/Materials		Key Vocabulary:		Support:
• Plastic Easter eggs • Spoons (for older toddlers)		Balance Careful Walk		

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

	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Toddlers	Older Toddlers
	Can sit and play inside a designated “nest” area.	Can practice climbing in and out of the “nest” and moving like baby birds.
Activity: The teacher will create a large nest area using soft blankets and pillows and say, <i>"Birds rest in their nests. Let's pretend to be baby birds!"</i> • Younger toddlers will sit inside the nest and explore textures with teacher guidance. • Older toddlers will climb in and out of the nest, practicing gentle movements like sitting, standing, and pretending to flap their wings. The teacher will encourage gentle movement and pretend play by saying, <i>"Stretch your wings! Chirp like a baby bird!"</i> Challenge for Older Toddlers: Older toddlers will pretend to hop out of the nest and find food like real baby birds.		
Resources/Materials • Soft blankets and pillows for the nest	Key Vocabulary: Nest Sit Soft	Support:

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Day 4	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery	PHG3.1 Demonstrate development of fine



Toddler Curriculum

	Number: 9 Letter: Hh Color: Purple Shape: Rectangle	and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	Can roll or toss a soft ball to a friend or teacher.	Can gently toss a beanbag or soft ball to a partner and catch it.
Activity: The teacher will introduce a fun tossing game by saying, <i>"Let's pretend we are birds taking care of our eggs! Can we toss the egg gently to our friend?"</i> • Younger toddlers will roll or gently toss soft balls or beanbags to the teacher. • Older toddlers will take turns tossing and catching with a partner. The teacher will emphasize gentle movements and say, <i>"Be careful! Don't let your egg fall!"</i> Challenge for Older Toddlers: Older toddlers will try tossing their "egg" into a small basket or target area.		
Resources/Materials	Key Vocabulary:	Support:
• Soft balls or beanbags • Small basket or target area for tossing	Toss Catch Gentle	

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Day 5	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery	PHG3.1 Demonstrate development of fine



Toddler Curriculum

	Number: 9 Letter: Hh Color: Purple Shape: Rectangle	and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	Can hop in place with teacher support.	Can hop forward and imitate different bird movements.
Activity: The teacher will say, <i>"Robins like to hop! Let's pretend to be robins and hop around!"</i> • Younger toddlers will practice bouncing or hopping in place while holding a teacher's hand if needed. • Older toddlers will be encouraged to hop forward across the room while flapping their arms. The teacher will add fun movement prompts like, <i>"Hop fast! Now hop slow! Hop like a little robin!"</i> Challenge for Older Toddlers: Older toddlers will hop in a pattern (two small hops, one big hop) or hop in a circle like a bird looking for food.		
Resources/Materials	Key Vocabulary:	Support:
• Open space for movement	Hop Jump Fast	