



Month: March 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
	Crawls on hands and knees with support.	Imitates caterpillar movements by crawling forward and stretching.
Activity: Crawl Like a Caterpillar Teachers may encourage toddlers to crawl across a soft mat or open space, imitating the way a caterpillar moves. Younger toddlers may focus on simple hand and knee coordination, while older toddlers may try to wiggle and stretch forward like a growing caterpillar. Teachers may ask, “<i>Can you make your body long like a caterpillar?</i>” to encourage engagement.		
Resources/Materials	Key Vocabulary:	Support:
- Soft mats for crawling - Picture cards of caterpillars	crawl wiggle long	

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Toddler Curriculum

Day 2	Topic(s)	Foundation(s)
	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	Steps over obstacles with guidance.	Attempts small jumps with both feet.
Activity: Jump Over Puddles (Gross Motor Jumping Game) Teachers may place blue felt circles or paper puddles on the floor to represent puddles. Younger toddlers may practice stepping over puddles, while older toddlers may jump with both feet from one to the next. Teachers may remind toddlers to bend their knees before jumping and cheer them on as they move across the “rainy day” path.		
Resources/Materials	Key Vocabulary:	Support:
- Blue felt or paper puddles & tape - Open play space	jump over puddle	

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

	Review Week	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	Moves from one point to another with support.	Runs or hops to a designated spot and returns.
Activity: Bug Relay Race Teachers may set up a short relay course where toddlers run, hop, or crawl like different bugs (e.g., hopping like a grasshopper, crawling like an ant). Younger toddlers may walk or be guided through the course, while older toddlers may race in small groups. Teachers may say, “<i>Can you hop like a grasshopper to the other side?</i>”		
Resources/Materials	Key Vocabulary:	Support:
- Open space for running - Picture cards of different bugs for movement inspiration	fast hop run	

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

	Review Week	PHG3.1 Demonstrate development of fine and gross motor coordination PHG1.1 Demonstrate development of healthy practices
Indicators	Younger Toddlers	Older Toddlers
	Attempts to hold and drop an object into a basket.	Tosses an object into a basket from a short distance.
Activity: Toss the Egg (Hand-Eye Coordination Game) Teachers may provide soft plastic eggs or bean bags and encourage toddlers to toss them into a basket. Younger toddlers may practice holding and dropping an egg into the basket, while older toddlers may try to stand a few steps away and aim for the basket. Teachers may say, “<i>Can you toss your egg gently into the nest?</i>”		
Resources/Materials	Key Vocabulary:	Support:
- Plastic eggs or soft bean bags - Small baskets or bins	toss catch basket	

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

	Review Week	PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Toddlers	Older Toddlers
	Waves ribbon in the air with support.	Moves ribbons in different directions while dancing.
Activity: Ribbon Dance (Movement & Coordination) Teachers may provide ribbons attached to sticks and encourage toddlers to wave them, swirl them, and move their bodies to music. Younger toddlers may explore waving their ribbons in the air, while older toddlers may follow simple movement patterns like waving side to side or making circles.		
Resources/Materials	Key Vocabulary:	Support:
- Dance ribbons/Scarves - Upbeat music for movement	dance wave circle	