



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

Day 1	Topic(s) Theme: Puddle Adventure Number: 10 Letter: li Color: Green Shape: Trapezoid	Foundation(s) PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	Engage in tummy time with support and encouragement	Lift head and reach for nearby objects during tummy time
Activity: <i>Tummy Time Exploration</i> Infants will engage in tummy time while teachers encourage movement and reaching. Soft toys, textured fabric, or sensory items may be placed in front of them to encourage grasping, reaching, and lifting their heads. The teacher may say: <i>"Look at this soft scarf! Can you reach for it? Let's stretch and move!"</i>		
Resources/Materials • Soft toys or textured fabric • Tummy time mat • Baby mirrors for self-recognition	Key Vocabulary: Tummy Reach Move	Support:



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Day 2	Topic(s)	Foundation(s)
	Theme: Puddle Adventure Number: 10 Letter: Ii Color: Green Shape: Trapezoid	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators		
	Younger Infants	Older Infants
	React to gentle bouncing with enjoyment	Move legs and arms in response to rhythm
Activity: <i>Frog Bounce</i> Infants will engage in a fun lap-bounce activity where the teacher gently bounces the infant on their lap while chanting a playful frog-themed rhyme. In addition, frog toys will be used to demonstrate hopping. The teacher will guide the infants' hands in an up-and-down motion to mimic a frog jumping, encouraging motor coordination and imitation skills. The teacher may say: <i>"The frog hops up and down! Let's help our frog jump—up, up, and down, down!"</i>		
Resources/Materials	Key Vocabulary:	Support:
- Lap for bouncing - Small frog toys - Soft mat for floor play	Bounce Hop Jump	

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

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

	Theme: Puddle Adventure Number: 10 Letter: Ii Color: Green Shape: Trapezoid	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	Track moving ribbons with their eyes	Reach and grasp for hanging ribbons
Activity: <i>Ribbon Reach</i> Infants will reach for hanging ribbons that are attached to a low surface, allowing them to grab and move them. This encourages fine motor skills, hand-eye coordination, and movement exploration. The teacher may say: <i>"Look at the ribbons! Can you grab one? Wiggle, wiggle!"</i>		
Resources/Materials	Key Vocabulary:	Support:
- Ribbons tied to a baby-safe frame or play area - Soft music for added engagement	Reach Grab Wiggle	

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

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

	Theme: Puddle Adventure Number: 10 Letter: Ii Color: Green Shape: Trapezoid	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Infants	Older Infants
	Pat and touch objects to explore their surroundings	Work to remove balls from the tape barrier
Activity: <i>Ball Rescue</i> Infants will work on problem-solving and grasping skills by pulling soft balls out from under loosely taped sections of a muffin tin. This strengthens grip, coordination, and persistence. The teacher may say: <i>"Can you pull the ball out? Pull, pull!"</i>		
Resources/Materials	Key Vocabulary:	Support:
- Muffin tin - Soft balls - Painter's tape (loosely applied)	Pull Ball Help	 Sticky Tape Ball Rescue Free motor activity for babies Baby Play Hacks

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

Day 5	Topic(s)	Foundation(s)
	Theme: Puddle Adventure	PHG2.2 Demonstrate development of



Infant Curriculum

	Number: 10 Letter: li Color: Green Shape: Trapezoid	body awareness and physical activity
Indicators	Younger Infants	Older Infants
	Track and notice shapes placed nearby	Reach and grasp for various shapes during play
Activity: <i>Reach for Shapes</i> Infants will reach for and explore shapes placed around their play area, encouraging grasping, tracking, and movement. The teacher may say: <i>"You found a circle! Can you reach for another shape?"</i>		
Resources/Materials	Key Vocabulary:	Support:
• Shapes • Mat for tummy time	Shape Grab Find	