



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

Day 1	Topic(s) Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	Foundation(s) PHG2.2: Demonstrate development of body awareness and physical activity. PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators	Younger Preschool	Older Preschool
	Imitate simple heart-themed movements like jumping and stretching.	Follow multi-step movement sequences while learning about heart health.
Activities: The teacher will introduce the idea that our hearts work harder when we move. Children will play a movement game where they will jump, stretch, and dance like a healthy heart. The teacher will call out different actions: • “Jump like your heart is pumping!” • “Stretch like your heart is reaching for the sky!” • “Dance like a happy, strong heart!” Children will move their bodies in different ways while learning that exercise keeps our hearts strong and healthy.		
Resources/Materials • Open space for movement • Music for dancing • Scarves/ribbons (Optional)	Key Vocabulary: Heart, Jump, Stretch, Dance, Move	Support:



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Day 2	Topic(s)		Foundation(s)	
	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart		PHG1.2: Demonstrate development of safety practices. PHG2.1: Demonstrate how the five senses support processing information.	
Indicators	Younger Preschool		Older Preschool	
	Feel their heartbeat before and after movement.		Describe how their heartbeat changes with exercise.	
Activities: The teacher will ask children to place their hands on their chests and feel their heartbeat while sitting. Then, children will move in different ways (running in place, hopping, jumping) for 30 seconds . After stopping, they will feel their heartbeat again and discuss how it feels faster . Older preschoolers will talk about how exercise makes our hearts stronger and why we need to move every day.				
Resources/Materials • Timer/Clock		Key Vocabulary: Heart, Beat, Fast, Slow, Move		Support:



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Day 3	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators	Younger Preschool	Older Preschool
	Hop in place while following simple instructions.	Complete a hopping obstacle course using heart-shaped markers.
Activities: The teacher will set up heart-shaped floor markers and instruct children to hop from one heart to another. As they hop, they will say, “Hop like a strong heart!” Younger preschoolers will hop in place, while older preschoolers will follow a heart-shaped path around the room. The teacher can increase the challenge by adding jumping patterns (e.g., hop twice, jump big, then hop again).		
Resources/Materials - Paper or foam heart-shaped markers - Open space for movement - Tape	Key Vocabulary: Hop, Jump, Move, Balance, Strong	Support: 

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Day 4	Topic(s)	Foundation(s)
	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators	Younger Preschool	Older Preschool
	Practice simple yoga poses with a partner.	Practice simple yoga poses with a partner.
Activities: The teacher will introduce Partner Yoga, where children will work together to complete simple poses. They will: • Sit back-to-back and stretch their arms above their heads. • Hold hands and balance while rocking side to side. • Stand and form a "Heart Pose" by holding hands above their heads. Children will focus on balance, stretching, and teamwork, while the teacher reminds them that “friends help each other grow, just like exercise helps our hearts grow strong.”		
Resources/Materials	Key Vocabulary: Stretch, Balance, Friend, Help, Move	Support: 

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Day 5	Topic(s)	Foundation(s)
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	Theme: Happy Healthy Me! Number: 5 Letter: Hh Color: Pink Shape: Heart	PHG2.2: Demonstrate development of body awareness and physical activity. PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators	Younger Preschool	Older Preschool
	Follow simple movement instructions.	Complete movement challenges while following a leader.
Activities: The teacher will hold up a large red heart and call out different movement challenges, such as: • “March in place like a strong heart!” • “Spin like a happy heart!” • “Run in place like an excited heart!” • “Freeze like a calm heart!” Children will follow the leader’s directions while engaging in fun movement-based play.		
Resources/Materials • Large red heart cutout • Open space for movement	Key Vocabulary: Follow, Move, Jump, Spin, Freeze	Support: