



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

Day 1	Topic(s) Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	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
	Move freely to the music and stop when the music pauses.	Experiment with different movement styles and freeze in dynamic poses.
Activities: Students will dance to upbeat jazz and blues music, moving their bodies freely. When the music stops, they must freeze in place like a statue. Teachers will challenge older preschoolers by calling out different ways to move (e.g., “Dance like Louis Armstrong playing the trumpet,” or “Move like a slow jazz song”). This game encourages active listening, coordination, and creative movement.		
Resources/Materials Jazz and blues music playlist	Key Vocabulary: Freeze Move Pose	Support:



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Day 2	Topic(s) Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	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
	Follow teacher-led movements that match different music styles.	Create their own movements based on how the music makes them feel.
Activities: Students will explore movements inspired by different types of music. The teacher will play a variety of songs, including jazz, blues, and classical music, and encourage students to move their bodies in ways that reflect the tempo and mood of each song. For example, when listening to a soft jazz piece, students might sway or tiptoe, while a fast blues song might inspire stomping or clapping. Older preschoolers will be challenged to create their own dance moves that match the rhythm of the music and teach them to the class.		
Resources/Materials • Speaker or music player • Playlist featuring jazz, blues, and classical music	Key Vocabulary: Fast Slow Rhythm	Support:

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Preschool Curriculum

Day 3	Topic(s) Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	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
	Walk, crawl, or climb through simple obstacles with assistance.	Navigate the obstacle course independently and complete challenges.
Activities: Teachers will set up a simple obstacle course using cones, balance beams, and tunnels. Students will move through the course using different motions: crawling, jumping, balancing, and hopping. The challenge for older preschoolers will be to complete the course in a specific pattern (e.g., “Jump through the hoops, then balance, then crawl under the tunnel”). This activity strengthens coordination and problem-solving through movement.		
Resources/Materials • Cones • Hoops • Balance beam • Tunnel	Key Vocabulary: Balance Jump Crawl	Support: 

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

	Theme: Black History Artists & Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	PHG2.1 Demonstrate how the five senses support processing information. PHG3.1 Demonstrate development of fine and gross motor coordination.
Indicators	Younger Preschool	Older Preschool
	Use hands to tap and drum along with the music.	Follow rhythmic drumming patterns and create their own beats.
Activities: Students will explore rhythm through drumming. Using hand drums or rhythm sticks, they will tap along with music, practicing slow and fast beats. The teacher will introduce movement challenges, such as “Tap the drum while marching in place” or “Drum in a circle while walking with friends.” Older preschoolers will be encouraged to create their own drum rhythms and lead the class in a follow-the-leader style activity.		
Resources/Materials Hand drums or rhythm sticks	Key Vocabulary: Drum Beat Rhythm	Support:

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Day 5	Topic(s)	Foundation(s)
	Theme: Black History Artists &	PHG2.2 Demonstrate development of



Preschool Curriculum

	Musicians Number: 6 Letter: Ee Color: Red, Green, Black, Yellow Shape: Circle	body awareness and physical activity. PHG3.1 Demonstrate development of fine and gross motor coordination.
Indicators	Younger Preschool	Older Preschool
	Move ribbons through the air while dancing.	Follow movement prompts and explore different ways to dance with the ribbons.
Activities: Students will use colorful ribbons to express movement while dancing to music. Teachers will call out different ways to move the ribbons (e.g., “Make big circles,” “Move up and down,” “Wave side to side”). Older preschoolers will practice leading their own ribbon movements for classmates to copy. This activity strengthens gross motor skills while allowing students to express themselves creatively.		
Resources/Materials • Ribbons or scarves • Music	Key Vocabulary: Wave Twirl Circle	Support: