



Month: February Week: 1 Subject: Physical Health and Growth

Day 1	Topic(s) Theme: Black Inventors Number: 4 Letter: Bb Color: Yellow & Brown Shape: Star	Foundation(s) PHG2.2: Demonstrate development of body awareness and physical activity.
Indicators	Young Preschool (3s-4 1/2)	Older Preschool (4 ½-5)
	Perform simple inventor-related movements, such as twisting, turning, or lifting.	Create movement sequences that mimic building, testing, or designing inventions.
Activities: Discuss how inventors use their hands and bodies in different ways to build, create, and test their ideas. Lead children in an active movement session where they pretend to be inventors working in a lab. Younger preschoolers can mimic simple motions such as hammering, turning wrenches, or stirring mixtures, while older preschoolers can combine movements into sequences (e.g., twist, turn, and build). Incorporate stretching and body awareness exercises to help children recognize how their movements contribute to learning and play.		
Resources/Materials • Open space for movement • Simple props like toy tools or building blocks	Key Vocabulary: Move, Build, Create, Stretch	Support:



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Day 2	Topic(s) Theme: Black Inventors Number: 4 Letter: Bb Color: Yellow & Brown Shape: Star	Foundation(s) PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators	Young Preschool (3s-4 1/2)	Older Preschool (4 ½-5)
	Practice grasping and tossing objects into a nearby target.	Improve aim and distance by tossing objects into targets placed at different levels.
Activities: Inspired by George Washington Carver's peanut innovations, set up a safe, allergy-friendly "peanut" toss game using beanbags or soft balls. Place baskets or buckets at varying distances and encourage children to toss their "peanuts" into them. Younger preschoolers can stand close and aim for the larger baskets, while older preschoolers can challenge themselves by aiming at smaller or farther targets. Discuss hand-eye coordination and how using our muscles helps us play and grow strong.		
Resources/Materials • Beanbags or soft balls • Buckets or baskets of different sizes	Key Vocabulary: Throw, Aim, Target, Catch	Support: 

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Day 3	Topic(s)		Foundation(s)	
	Theme: Black Inventors Number: 4 Letter: Bb Color: Yellow & Brown Shape: Star		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators	Young Preschool (3s-4 1/2)		Older Preschool (4 ½-5)	
	Crawl, push, and stretch their bodies to build strength.		Perform movement exercises such as jumping, balancing, and pushing objects to develop motor coordination.	
Activities: Introduce children to the idea that inventors need strength and endurance to build and create. Set up a fun physical activity session focused on building strength through body movement. Younger preschoolers will engage in simple movements such as crawling, pushing, and stretching. Older preschoolers will participate in exercises like bear crawls, jumping jacks, and pushing lightweight objects across the floor. Emphasize how these movements help us develop strong muscles and coordination, just like inventors who work with their hands and tools.				
Resources/Materials		Key Vocabulary: Strong, Build, Push, Move		Support:

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Preschool Curriculum

Day 4	Topic(s)	Foundation(s)
	Theme: Black Inventors Number: 4 Letter: Bb Color: Yellow & Brown Shape: Star	PHG1.2: Demonstrate development of safety practices.
Indicators	Young Preschool (3s-4 1/2)	Older Preschool (4 1/2-5)
	Follow simple instructions to start and stop movement when cued.	Improve reaction time and practice self-control by stopping and starting quickly.
Activities: Reinforce traffic safety and Garrett Morgan's invention by playing a game of Red Light, Green Light . Explain how traffic lights help keep people safe on the road. Stand at one end of the play area and call out "green light" to let children move forward and "red light" to make them stop. Younger preschoolers can focus on recognizing and responding to color cues, while older preschoolers can practice stopping quickly and balancing in place.		
Resources/Materials	Key Vocabulary:	Support:
Red and green color cards or signs	Stop, Go, Safe, Traffic	

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Day 5	Topic(s)	Foundation(s)
	Theme: Black Inventors Number: 4	PHG3.1: Demonstrate development of fine and gross motor coordination.



Preschool Curriculum

	Letter: Bb Color: Yellow & Brown Shape: Star	
Indicators		
	Young Preschool (3s-4 1/2)	Older Preschool (4 ½-5)
	Follow simple dance movements using their arms and legs.	Create their own dance routines using different types of movement.
Activities: Encourage self-expression and movement through a star-themed dance session. Play different styles of music and encourage children to move their bodies in creative ways. Younger preschoolers can follow basic dance moves, such as twirling and clapping, while older preschoolers can create their own dance sequences inspired by stars, space, and movement. Encourage them to use scarves or ribbons to enhance their dancing and discuss how movement is a fun way to stay active and healthy.		
Resources/Materials	Key Vocabulary: Dance, Move, Twirl, Rhythm	Support:
• Tablet • Scarves or ribbons • Star outlines		