



Month: January Week: 1

Subject: Physical Health & Growth

Day 1	Topic(s)		Foundation(s)	
	Theme: Kwanzaa Shape: Oblong Number: 1 Color: Black, Red, Green Letter: Ss		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	May walk slowly along the oblong path with teacher support, holding a hand for balance if needed.		May independently walk along the oblong path and attempt to balance without assistance.	



Activities	
The teacher will set up a balance beam or tape an oblong-shaped path on the floor. Children will take turns walking along the path, balancing carefully. The teacher will guide them by saying, "Let's walk slowly on the oblong path!"	
Resources and Materials	
Balance beam or tape to create an oblong path Open space for activity	
Topic Related Language/ Key Vocabulary	Supports
Balance, walk, oblong, slow	



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Day 2	Topic(s)	Foundation(s)
	Theme: Kwanzaa Shape: Oblong Number: 1 Color: Black, Red, Green Letter: Ss	PHG2.2: Demonstrate development of body awareness and physical activity. PHG3.1: Demonstrate development of fine and gross motor coordination.
Indicators		
	Younger Preschoolers	Older Preschoolers
	May jump to a specific color with teacher prompts, focusing on a single jump at a time.	May jump to multiple colors in sequence and follow additional actions, such as clapping or turning.



Activities	
The teacher will lay out large mats or papers in black, red, and green. Children will jump onto the colors as the teacher calls them out (e.g., "Jump to red!"). For an added challenge, the teacher can say, "Jump to black and clap your hands!"	
Resources and Materials	
• Large mats or papers in black, red, and green	
Topic Related Language/ Key Vocabulary	Supports
Jump, color, black, red, green	



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Day 3	Topic(s)		Foundation(s)	
	Theme: Kwanzaa Shape: Oblong Number: 1 Color: Black, Red, Green Letter: Ss		PHG2.2: Demonstrate development of body awareness and physical activity. PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	May stomp on letter cards with teacher guidance, focusing on a few cards at a time.		May independently locate and stomp on uppercase and lowercase Ss cards, saying the sound of the letter.	

Activities



The teacher will place letter cards with Ss written on them (uppercase and lowercase) across the floor. Children will stomp on the cards with teacher guidance, shouting "S!" when they land on a card. For variety, the teacher can say, "Find the small S!"

Resources and Materials

- Large letter Ss cards (uppercase and lowercase)

Topic Related Language/ Key Vocabulary

Stomp, letter, S, sound

Supports



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Day 4	Topic(s)		Foundation(s)	
	Theme: Kwanzaa Shape: Oblong Number: 1 Color: Black, Red, Green Letter: Ss		PHG1.2: Demonstrate development of safety practices. PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	May wave scarves in simple movements, such as up and down, while dancing.		May follow more complex dance movements, such as spinning or stepping in rhythm, while using scarves.	



Activities	
The teacher will provide scarves in black, red, and green. Children will dance to music, waving their scarves and following the teacher's movements. The teacher will encourage safe movement by saying, "Dance in your own space!"	
Resources and Materials	
• Scarves in black, red, and green • Child-friendly music	
Topic Related Language/ Key Vocabulary	Supports
Dance, scarf, red, green, black	



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Day 5	Topic(s) Theme: Kwanzaa Shape: Oblong Number: 1 Color: Black, Red, Green Letter: Ss Foundation(s) PHG3.1: Demonstrate development of fine and gross motor coordination. PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators		
	Younger Preschoolers May attempt basic yoga poses with teacher guidance, focusing on one pose at a time.	Older Preschoolers May transition between multiple yoga poses independently and maintain balance for longer durations.



Activities	
The teacher will guide children through simple yoga poses such as Tree Pose (balancing on one foot), Downward Dog (hands and feet on the ground, hips raised), and Butterfly Pose (feet together, knees out). The teacher will encourage participation by saying, "Can you stretch like a tree?" or "Let's wag our tails in Downward Dog!" The activity will help children develop balance, flexibility, and mindfulness.	
Resources and Materials	
• Soft mats or clean floor area • Visual aids or simple explanations of yoga poses	
Topic Related Language/ Key Vocabulary	Supports
Stretch, pose, balance, yoga	<u>Squish the Fish Yoga for Kids! A Cosmic Kids Yoga Adventure</u>