



Month: January Week: 2

Subject: Physical Health and Growth

Day 1	Topic(s)		Foundation(s)	
	Theme: Ice & Snow Shape: Square Number: 2 Color: Gray Letter: Aa		PHG1.1: Demonstrate development of healthy practices. PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	May identify one item that helps them stay warm (e.g., coat, hat).		May describe multiple ways to stay healthy and safe in cold weather	



Activities	
The teacher will read <i>The Snowy Day</i> and lead a discussion about staying warm and active during winter. Children will act out actions from the story, such as stomping in snow or making snow angels.	
Resources and Materials	
Book: <i>The Snowy Day</i> by Ezra Jack Keats	
Topic Related Language/ Key Vocabulary	Supports
Snow, warm, coat, hat	The Snowy Day Read-aloud, an animated story



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Day 2	Topic(s)		Foundation(s)	
	Theme: Ice & Snow Shape: Square Number: 2 Color: Gray Letter: Aa		PHG2.1: Demonstrate how the five senses support processing information. PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	May describe one sensory experience from the video (e.g., "Snow looks white!").		May describe multiple sensory details, such as snow feeling cold and looking bright.	



Activities	
The teacher will show a YouTube video of <i>The Snowy Day</i> and guide a sensory discussion. The teacher will ask, "What do you see, hear, or feel in the snow?" and encourage children to mimic walking in snow or catching snowflakes.	
Resources and Materials	
• YouTube video: <i>The Snowy Day</i>	
Topic Related Language/ Key Vocabulary	Supports
	<u>The Snowy Day Read-aloud, an animated story</u>



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Day 3	Topic(s)		Foundation(s)	
	Theme: Ice & Snow Shape: Square Number: 2 Color: Gray Letter: Aa		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	May place one or two name pieces on the snowman with teacher assistance.		May independently assemble their name snowman in the correct order.	



Activities	
The teacher will provide pre-cut snowman pieces with one letter of each child's name on each piece. Children will build their snowmen by stacking the pieces in the correct order to spell their name. The teacher will encourage persistence and coordination by saying, "Let's see if we can make your snowman match your name!"	
Resources and Materials	
• Pre-cut snowman pieces labeled with letters of each child's name • Glue sticks	
Topic Related Language/ Key Vocabulary	Supports
Snowman, name, letter, stack	



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Day 4	Topic(s)		Foundation(s)	
	Theme: Ice & Snow Shape: Square Number: 2 Color: Gray Letter: Aa		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 trace the number 2 with teacher support.		May independently write the number 2 and connect it to two objects.	



Activities	
The teacher will provide worksheets with the number 2 for tracing and writing. Children will count and draw two objects on their worksheet to reinforce the concept of the number. The teacher will ask, "What things come in twos, like two mittens or two boots?"	
Resources and Materials	
• Number 2 tracing worksheets • Crayons or markers	
Topic Related Language/ Key Vocabulary	Supports
Two, number, write, pair	



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Day 5	Topic(s)		Foundation(s)	
	Theme: Ice & Snow Shape: Square Number: 2 Color: Gray Letter: Aa		PHG2.2: Demonstrate development of body awareness and physical activity. PHG4.1: Demonstrate increased independence in personal care routines.	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	May identify one or two "A" items with teacher assistance.		May independently find multiple "A" items and explain their choices.	



Activities	
The teacher will organize a scavenger hunt, hiding items or pictures around the classroom that begin with the letter "A" (e.g., apple, ant, airplane). Children will move around the room to find the items, and the teacher will guide the discussion by asking, "What did you find that starts with A?"	
Resources and Materials	
• Pictures or objects starting with the letter "A" • Open play area	
Topic Related Language/ Key Vocabulary	Supports
A, apple, ant, airplane	