



Month: January Week: 3

Subject: Physical Health & Growth

Day 1	Topic(s)		Foundation(s)	
	Theme: Martin Luther King Jr. Shape: Triangle Number: 3 Color: Blue Letter: Dd		PHG3.1: Demonstrate development of fine and gross motor coordination. PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	May complete simple movements like crawling under or hopping over items with teacher guidance.		May navigate the course independently and suggest new challenges.	



Activities	
The teacher will set up an obstacle course using cones, tunnels, and tape to form a triangle shape. Children will crawl, hop, or walk through the course while following teacher prompts like, "Can you crawl under the tunnel to the next point of the triangle?"	
Resources and Materials	
Cones, tunnels, tape, and balance beams	
Topic Related Language/ Key Vocabulary	Supports
Triangle, crawl, hop, move	



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Day 2	Topic(s) Theme: Martin Luther King Jr. Shape: Triangle Number: 3 Color: Blue Letter: Dd Foundation(s) PHG1.1: Demonstrate development of healthy practices. PHG1.3: Demonstrate development of nutrition awareness.	
Indicators		
	Younger Preschoolers Older Preschoolers May identify one or two healthy items with teacher guidance. May sort multiple items independently and explain their choices.	



Activities	
The teacher will provide picture cards of foods and activities (e.g., apples, candy, running, watching TV). Children will sort the cards into two categories: "Healthy" and "Not Healthy." The teacher will encourage discussion by asking, "Why is this a healthy choice?"	
Resources and Materials	
• Picture cards of foods and activities • Sorting mats labeled "Healthy" and "Not Healthy"	
Topic Related Language/ Key Vocabulary	Supports
Healthy, choice, food, active	



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Day 3	Topic(s) Foundation(s)	
	Theme: Martin Luther King Jr. Shape: Triangle Number: 3 Color: Blue Letter: Dd	PHG2.1: Demonstrate how the five senses support processing information.
Indicators		
	Younger Preschoolers May describe one or two sensory experiences with teacher prompts.	Older Preschoolers May independently identify and compare multiple sensory inputs.



Activities	
The teacher will set up sensory stations featuring items such as a scented bottle (smell), textured fabric (touch), a small bell (hearing), colorful pictures (sight), and a fruit slice (taste). Children will rotate through the stations, exploring their senses. The teacher will guide the activity by asking, "What do you feel? What does it smell like?"	
Resources and Materials	
• Scented bottles, textured fabrics, bells, pictures, fruit slices	
Topic Related Language/ Key Vocabulary	Supports
Sense, smell, touch, taste, hear	



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Day 4	Topic(s)		Foundation(s)	
	Theme: Martin Luther King Jr. Shape: Triangle Number: 3 Color: Blue Letter: Dd		PHG3.1: Demonstrate development of fine and gross motor coordination. PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	May perform simple movements like hopping or clapping with teacher guidance.		May follow multi-step movement sequences independently.	



Activities	
The teacher will create a rainbow chart with movements assigned to each color (e.g., red = hop, blue = stretch, yellow = spin). Children will perform the movement that corresponds to the color the teacher calls out. The teacher will ask, "What color is next, and what movement do we do?"	
Resources and Materials	
• Rainbow chart with movements • Open play area	
Topic Related Language/ Key Vocabulary	Supports
Rainbow, color, hop, move	



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Day 5	Topic(s)		Foundation(s)	
	Theme: Martin Luther King Jr. Shape: Triangle Number: 3 Color: Blue Letter: Dd		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 perform simple stretches with teacher demonstration.		May independently create and perform triangle-themed movements.	

Activities



The teacher will lead children in triangle-themed stretches, such as "Triangle Pose" (standing with arms and legs extended) and "Triangle Crawl" (crawling hands and feet in a triangle shape). The teacher will encourage creativity by asking, "What other stretches can we do that look like a triangle?"

Resources and Materials

- Yoga mats or soft play area

Topic Related Language/ Key Vocabulary

Stretch, triangle, pose, balance

Supports