



Month: January Week: 4

Subject: Physical Health and Growth

Day 1	Topic(s)		Foundation(s)	
	- Theme: Review Week -Ice Cube Transfer Game		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Use tools like tongs to complete tasks with assistance.		Demonstrate independence when manipulating small objects with tools.	



Activities

The teacher demonstrates how to use tongs to transfer ice cubes from one bowl to another. Children take turns completing the task while the teacher encourages them, saying, "Can you pick up the smallest ice cube?" or "Try using one hand!" For advanced learners, the teacher introduces sorting ice cubes by size.

Resources and Materials

Bowls, tongs, ice cubes

Topic Related Language/ Key Vocabulary

Supports





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Day 2	Topic(s)		Foundation(s)	
	Theme: Review Week -Polar Animal Movement Relay		PHG2.2: Demonstrate development of body awareness and physical activity.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Follow basic physical movement patterns.		Combine movements to create complex actions.	



Activities	
The teacher demonstrates movements like waddling like a penguin or hopping like a hare. Children take turns in a relay format, performing the movements as they travel across the room. The teacher offers encouragement and ensures all children participate, praising their creativity.	
Resources and Materials	
Open space, animal movement cards	
Topic Related Language/ Key Vocabulary	Supports
	<u>Penguin Dance Brain Breaks Jack Hartmann</u>

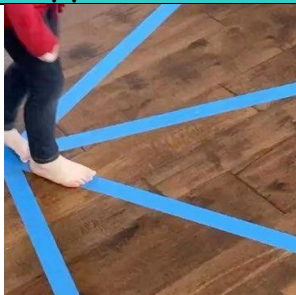


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Day 3	Topic(s)		Foundation(s)	
	Theme: Review Week -Snowy Shape Balancing Path		PHG2.1: Demonstrate how the five senses support processing information.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Balance on simple paths with support.		Walk independently along narrow paths while balancing props.	



Activities	
The teacher creates a path of taped shapes on the floor and models how to walk along it while balancing. Children then take turns walking the path, holding props like small snowflakes for balance. The teacher provides gentle guidance, saying, "Try stepping on the corners of the triangles!"	
Resources and Materials	
Shape cutouts, painters tape	
Topic Related Language/ Key Vocabulary	Supports
	



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Day 4	Topic(s)		Foundation(s)	
	• Theme: Review Week -Hand-eye Coordination with Snowball Toss		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Aim and toss objects at close distances with assistance.		Aim and toss objects into distant targets independently.	



Activities	
The teacher sets up buckets at various distances and demonstrates how to throw soft “snowballs” into them. Children take turns, and the teacher adjusts distances based on skill levels, offering tips like “Aim for the middle of the bucket!”	
Resources and Materials	
Soft balls or cotton balls, buckets, bowls, cups, or hoops.	
Topic Related Language/ Key Vocabulary	Supports
	



Month: January Week: 4

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Day 5	Topic(s)		Foundation(s)	
	Theme: Review Week -Collaborative Igloo Building		PHG3.1: Demonstrate development of fine and gross motor coordination.	
Indicators				
	Young Preschool (3s- 4 ½)		Older Preschool (4 ½ to 5s)	
	Participate in group activities with support.		Collaborate with peers to build complex structures.	

Activities



The teacher explains the goal of building an igloo and assigns roles, such as stacking blocks or finding the right pieces. The teacher supervises and encourages teamwork, saying, "How can we make the walls strong?"

Resources and Materials

Large foam blocks, cardboard boxes

Topic Related Language/ Key Vocabulary

Supports