



Month: March Week: 1 Subject: Physical Health & Growth

Day 1	Topic(s) Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	Foundation(s) PHG3.1 – Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	Will practice crawling movements to develop body coordination.	Will crawl in different ways, adjusting speed and movement to follow cues.
Activity: Crawl Like A Caterpillar- Set up an obstacle course where children crawl like caterpillars under tables, through tunnels, and around cones. Emphasize big body movements like stretching, curling, and wiggling. Challenge for Older Preschoolers: Introduce different speeds (fast, slow) and have them follow directional cues (e.g., “Crawl to the left!” “Move backward like a caterpillar!”).		
Resources/Materials • Soft mats or tunnels • Cones for crawling path • Picture of a caterpillar for reference	Key Vocabulary: crawl, stretch, wiggle	Support:



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Day 2	Topic(s) Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	Foundation(s) PHG3.1 – Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschool	Older Preschool
	Will practice jumping movements to develop leg strength.	Will use different jumping patterns and distances to build coordination.
Activity: Jump Like a Grasshopper- Have children jump forward like a grasshopper, landing on both feet. Incorporate hula hoops or floor markers to help them jump specific distances. Challenge for Older Preschoolers: Introduce jumping patterns such as side-to-side, zig-zag, or long-distance jumps and have them track how far they can jump.		
Resources/Materials • Hula hoops or floor markers • Visual of a grasshopper jumping	Key Vocabulary: jump, hop, leap	Support:

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Day 3	Topic(s)		Foundation(s)		
	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval		PHG2.2 – Demonstrate development of body awareness and physical activity		
Indicators	Younger Preschool		Older Preschool		
	Will explore different types of movements inspired by insects.		Will transition between different movements smoothly, demonstrating control over their body.		
Activity: Move Like a Bug- Call out different bug names, and children must move like that bug (e.g., “Flutter like a butterfly!” “Scurry like an ant!” “Buzz like a bee!”). Challenge for Older Preschoolers: Have them combine movements into a sequence (e.g., “Crawl like a caterpillar, then jump like a grasshopper, and finally fly like a butterfly”).					
Resources/Materials		Key Vocabulary:		Support:	
- Picture flashcards of different bugs - Music for movement cues		fly, scurry, flutter		"The Millipede March!" Bug Dance Insect Brain Break Danny Go! Songs for Kids	

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Day 4	Topic(s)	Foundation(s)
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Preschool Curriculum

	Theme: Bugs & Insects Number: 7 Letter: Ff Color: Blue Shape: Oval	PHG1.2 – Demonstrate development of safety practices PHG4.1 – Demonstrate increased independence in personal care routines
Indicators	Younger Preschool	Older Preschool
	Will participate in a group relay to develop teamwork and coordination.	Will use motor planning to complete the race while following safety instructions.
Activity: Bug Relay Race- Set up a relay course where children must run, hop, and crawl like different bugs to complete the race. Each child takes a turn moving like a specific insect before tagging the next player. Challenge for Older Preschoolers: Have them create their own relay course, choosing movements that match different bugs.		
Resources/Materials	Key Vocabulary:	Support:
• Cones or markers for course layout • Timer to track speed (optional) • Bug stickers or small prizes for participation	race, relay, tag	

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Day 5	Topic(s)	Foundation(s)
	Theme: Bugs & Insects	PHG2.2 – Demonstrate development of



	Number: 7 Letter: Ff Color: Blue Shape: Oval	body awareness and physical activity
Indicators		
	Younger Preschool Will use ribbon wands to explore arm movements and flow.	Older Preschool Will control movement while creating patterns in the air with ribbons.
Activity: Ribbon Dance, Butterfly Movement- Provide ribbon wands and play soft music as children move their ribbons like butterfly wings fluttering. Encourage them to move high, low, fast, and slow to explore movement variety. Challenge for Older Preschoolers: Have them create a short ribbon dance routine, incorporating different movement styles (e.g., twirling, swooping, zig-zagging).		
Resources/Materials • Ribbon wands • Calm instrumental or classical music	Key Vocabulary: flutter, swoop, wave	Support: