



Month: March Week: 2 Subject: Physical Health & Growth

Day 1	Topic(s) Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	Foundation(s) PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschoolers	Older Preschoolers
	Will hop forward with both feet together.	Will hop in different directions and over small obstacles.
Activity: The teacher will lead a Bunny Hop Game where children pretend to be bunnies hopping through a spring meadow. Younger preschoolers will practice hopping forward with both feet together, while older preschoolers will try hopping side to side, backward, and over small objects like foam pads or floor markers. The teacher will encourage the children to keep their balance and land softly. To make it fun, the teacher can call out “Fast bunnies!” or “Slow bunnies!” to encourage different speeds. Older Preschooler Challenge: Older preschoolers will hop through a simple zig-zag path and count how many hops it takes to reach the finish line.		
Resources/Materials Open space	Key Vocabulary: hop, jump, balance, land	Support: Hop Little Bunnies Sing A Long Action Song Hop Hop Hop



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Day 2	Topic(s)	Foundation(s)
	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschoolers	Older Preschoolers
	Will jump forward over pretend puddles.	Will take longer jumps and compare distances.
Activity: The teacher will set up "pretend puddles" using blue floor markers or paper cutouts. Younger preschoolers will practice jumping over each puddle, focusing on using their legs to push off and land safely. Older preschoolers will be challenged to jump over bigger puddles and compare their jumping distances. The teacher will ask, "Can you jump farther than last time?" to encourage persistence and improvement. Older Preschooler Challenge: Older preschoolers will measure their jumps by placing a marker where they land and trying to beat their own distance.		
Resources/Materials	Key Vocabulary:	Support:
Painter tape (floor markers)	Jump, land, push	

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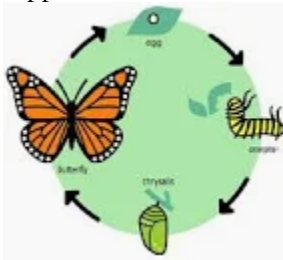


Day 3	Topic(s)		Foundation(s)	
	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond		PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators				
	Younger Preschoolers		Older Preschoolers	
	Will practice tossing and catching a soft ball.		Will toss and say a rhyming word while catching.	
Activity: The teacher will introduce Catch & Rhyme, a game where children toss a soft ball back and forth while practicing rhyming words. Younger preschoolers will focus on catching and throwing, while older preschoolers will say a rhyming word each time they catch the ball (e.g., "cat, hat, bat!"). The teacher will encourage the children to listen for rhyming sounds and think quickly before tossing the ball. Older Preschooler Challenge: Older preschoolers will create their own rhyming word pairs and challenge their classmates to come up with new words while playing.				
Resources/Materials		Key Vocabulary:		Support:
- Soft balls for tossing - Rhyming word cue cards (optional)		catch, throw, rhyme, match		

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Day 4	Topic(s)	Foundation(s)
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	Theme: Spring Surprises Number: 8 Letter: Gg Color: Yellow Shape: Diamond	PHG2.1 Demonstrate how the five senses support processing information
Indicators	Younger Preschoolers	Older Preschoolers
	May use movement to act out each stage of a butterfly's life cycle.	May describe how each stage moves differently.
Activity: The teacher can guide children through acting out the butterfly life cycle using movement. Younger preschoolers may curl up in a ball like a caterpillar egg, then wiggle like a crawling caterpillar, stretch like a chrysalis, and flap their arms like a butterfly. Older preschoolers may discuss how each stage moves differently and try to change their speed and movement to match. For example, "How does a caterpillar move? How does a butterfly move?" Older Preschooler Challenge: Older preschoolers can create their own butterfly movement dance by combining the motions into a sequence.		
Resources/Materials	Key Vocabulary:	Support:
Butterfly Life Cycle visual	Butterfly, wiggle, flap	

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Day 5	Topic(s)	Foundation(s)
	Theme: Spring Surprises	PHG1.1 Demonstrate development of



	Number: 8 Letter: Gg Color: Yellow Shape: Diamond	healthy practices
Indicators		
	Younger Preschoolers Will move through a simple obstacle course using gross motor skills.	Older Preschoolers Will complete a more complex course, adding balance and speed challenges.
Activity: The teacher will set up a spring-themed obstacle course that includes hopping over “puddles,” crawling under “branches,” balancing on a log (beam), and running to the finish line. Younger preschoolers will follow simple directions and move through the course at their own pace, while older preschoolers will be encouraged to go faster, balance longer, or add more steps to make the challenge harder. The teacher will cheer them on, reminding them that exercise helps our bodies grow strong! Older Preschooler Challenge: Older preschoolers will time themselves on the obstacle course and try to beat their own record.		
Resources/Materials - Floor markers for puddles - Low balance beam or taped line for "logs" - Tunnels or fabric for crawling areas	Key Vocabulary: run, crawl, hop	Support: