



Month: March Week: 3 Subject: Physical Health & Growth

Day 1	Topic(s) Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	Foundation(s) PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschoolers	Older Preschoolers
	Can move arms like wings while running to improve gross motor coordination.	Can use body awareness to change speeds and directions while running like a bird.
Activity: The teacher will introduce the activity by asking, “How do birds flap their wings? Can we move our arms like birds while we run?” Children will race across a play area while flapping their arms like wings. Different types of bird movements will be introduced, such as fast like a hummingbird, slow like an owl, and gliding like an eagle. After the race, the teacher will guide a discussion: “Did flapping your arms make running harder or easier? How do birds use their wings to move?” Challenge for Older Preschoolers: Older preschoolers will be encouraged to change directions mid-race, stop and restart, or balance on one foot like a bird landing. They will also be asked to compare how different bird movements feel on their bodies.		
Resources/Materials Cones or markers for the race area	Key Vocabulary: Flap, race, speed	Support:



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Day 2	Topic(s)	Foundation(s)
	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschoolers	Older Preschoolers
	Can carry an object while walking carefully.	Can balance and move an object with increased control.
Activity: The teacher will introduce the activity by saying, “<i>Birds carry their eggs carefully so they don’t drop them. Can we carry our eggs without dropping them?</i>” Children will take turns walking across a short distance while balancing a plastic egg on a spoon. Once they reach the other side, they will pass the egg to the next teammate in a relay-style race. After the game, the teacher will ask, “<i>What helped you keep the egg from falling? What made it harder?</i>” Challenge for Older Preschoolers: Older preschoolers will be encouraged to try different ways of balancing the egg, such as holding it on their hand, shoulder, or head. They will also discuss how balance and control help them in everyday movements.		
Resources/Materials	Key Vocabulary:	Support:
- Plastic eggs - Spoons - Cones or markers for race paths	Balance, careful, pass	

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Day 3	Topic(s)		Foundation(s)	
	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle		PHG2.2 Demonstrate development of body awareness and physical activity	
Indicators	Younger Preschoolers		Older Preschoolers	
	Can climb, crawl, and step over small obstacles.		Can move through an obstacle course with increased coordination and agility.	
Activity: The teacher will set up an obstacle course where children must move like birds to get to their nest. The course will include: ● Crawling under a tunnel (like a bird building a nest in a tree) ● Jumping over "branches" (small cones or mats) ● Balancing across a beam (like a bird walking on a branch) After the activity, the teacher will ask, <i>"How did your body feel moving through the course? What was the hardest part?"</i> Challenge for Older Preschoolers: Older preschoolers will be encouraged to move faster through the course while still maintaining balance. They will also be asked to think about how birds move in nature and create their own movements to add to the course.				
Resources/Materials		Key Vocabulary:		Support:
● Tunnels or hoops to crawl through ● Cones or mats for jumping over obstacles ● Balance beam or taped line for walking		Crawl, jump, balance		

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

	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	PHG1.1 Demonstrate development of healthy practices
Indicators	Younger Preschoolers	Older Preschoolers
	Can toss a soft object gently to a partner.	Can aim and control their toss to improve coordination.
Activity: The teacher will introduce the game by saying, “<i>Birds have to be careful with their eggs. Can we toss our eggs gently without letting them drop?</i>” Children will stand with a partner and toss a soft ball or bean bag (“egg”) back and forth. As the game progresses, they will take a step back after each successful toss to see how far they can go without dropping their “egg.” Challenge for Older Preschoolers: Older preschoolers will be encouraged to aim for a target, such as a basket, to practice control. They will also discuss why gentle movements are important when handling fragile objects.		
Resources/Materials - Soft bean bags or small plush balls (“eggs”) - Baskets or targets (optional)	Key Vocabulary: Toss, gentle, catch	Support:

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Day 5	Topic(s)	Foundation(s)
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Preschool Curriculum

	Theme: Birds & Eggs Discovery Number: 9 Letter: Hh Color: Purple Shape: Rectangle	PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Preschoolers	Older Preschoolers
	Can hop in place or move forward using two feet.	Can alternate feet while hopping and follow movement patterns.
Activity: The teacher will introduce the game by asking, <i>"Have you seen a robin hop? Can you hop like a bird?"</i> Children will practice hopping on two feet, then on one foot like different birds. Next, the teacher will set up "lily pad" mats for children to hop between, mimicking how birds move on the ground. The teacher will call out different challenges, such as "Hop three times!" "Hop backwards!" or "Hop in a circle!" Challenge for Older Preschoolers: Older preschoolers will be encouraged to hop on alternating feet or create their own hop patterns for the class to follow. They will also discuss why hopping is important for strengthening leg muscles.		
Resources/Materials	Key Vocabulary:	Support:
- Floor markers or "lily pad" mats - Open space for movement	Hop, jump, strong	