



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

Day 1	Topic(s)	Foundation(s)
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle	PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity
Indicators	Younger Infants	Older Infants
	May lift head or roll to one side with help.	May roll from back to tummy or pivot.

Activity: **Roll Play**

Place infants on a soft mat and encourage rolling from back to tummy using visual or auditory cues like toys or caregiver's voice. Gently support movement for younger infants and praise all attempts: "You're rolling like a coconut!" This builds large motor strength and spatial awareness.

Resources/Materials - Blanket or play mat - Soft toy or rattle	Key Vocabulary: roll, turn, stretch	Support:
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Day 2	Topic(s)		Foundation(s)	
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators	Younger Infants		Older Infants	
	May watch the ball or swat at it.		May crawl, pat, or push the ball.	

Activity: **Beach Ball Push**

Offer a lightweight, inflatable beach ball during tummy or seated time. Encourage infants to reach, bat, or crawl after the ball. Narrate their efforts: “Push the ball!” “Where did it go?” This promotes whole-body movement, strength, and tracking skills.

Resources/Materials Inflatable beach ball	Key Vocabulary: ball, push, go	Support:
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Day 3	Topic(s)		Foundation(s)	
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.1 Demonstrate how the five senses support processing information	
Indicators	Younger Infants		Older Infants	
	May move feet when streamers touch.		May kick intentionally or track movement.	
Activity: Kick the Streamer				
Hang soft blue streamers near the infant’s feet while they lie on their back. Say, “Kick, kick!” as they move their legs. Gently brush their feet to encourage a reaction. This helps strengthen leg muscles and promotes sensory integration through sight and touch.				
Resources/Materials Blue streamers		Key Vocabulary: kick, move, blue		Support:



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Day 4	Topic(s)		Foundation(s)		
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		PHG3.1 Demonstrate development of fine and gross motor coordination PHG2.2 Demonstrate development of body awareness and physical activity		
Indicators					
	Younger Infants		Older Infants		
	May swat or follow a moving toy.		May reach and grasp intentionally.		
Activity: Reach & Grab					
Suspend a soft toy or ring just within reach for the infant. Encourage them to extend their arms and grasp it while lying on their back or tummy. Say, “Reach for the star!” and provide hand-over-hand guidance if needed. This supports motor control, depth perception, and coordination.					
Resources/Materials Soft toy or ring		Key Vocabulary: reach, grab, up		Support:	



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Day 5	Topic(s)		Foundation(s)	
	Theme: Tropical Treasures Number: 20 Letter: Ss Color: Lavender Shape: Triangle		PHG2.2 Demonstrate development of body awareness and physical activity PHG1.1 Demonstrate development of healthy practices	
Indicators				
	Younger Infants		Older Infants	
	May react to a bouncing rhythm.		May bounce or move with rhythm.	

Activity: **Lap Bounce Dance**

Hold the infant securely on your lap and bounce gently to island music. Sing or say, “Bounce, bounce, bounce!” and pause to let them anticipate movement. This playful interaction promotes core strength, rhythm, and bonding while introducing music and healthy physical engagement.

Resources/Materials	Key Vocabulary:	Support:
Soft tropical music	bounce, up, down	