



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

Day 1	Topic(s)	Foundation(s)
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	May carry one fish slowly to a bucket.	May move quickly and carry multiple fish with balance.
Activity: Fishing Relay Children will use toy fish and buckets for a simple relay. The teacher will show how to pick up a fish and walk it across the room to place in a bucket. Younger toddlers may carry one fish at a time slowly, while older toddlers can try to carry more or move faster. The teacher will cheer on each child and encourage clapping for friends. This activity promotes gross motor skills, balance, and teamwork.		
Resources/Materials	Key Vocabulary:	Support:
- Buckets - Toy or paper fish	run, fish, bucket	



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Day 2	<table><tr><th>Topic(s)</th><th>Foundation(s)</th></tr><tr><td>Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart</td><td>PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination</td></tr></table>		Topic(s)	Foundation(s)	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
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Activity: Dock Walk Balance

Children will pretend a taped line or balance beam is a dock. The teacher will model walking slowly heel-to-toe across it. Younger toddlers may hold the teacher's hand, while older toddlers will balance independently, carrying a fish to the end. The group will pretend they are walking carefully over the water to go fishing. This builds balance, strength, and imagination.

Resources/Materials - Balance beam or tape line - Toy fish	Key Vocabulary: walk, dock, balance	Support:
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Day 3	Topic(s) Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	Foundation(s) PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	May hold and shake the parachute lightly.	May raise and lower parachute with group coordination.
Activity: Parachute Waves Children will use a parachute to pretend they are making ocean waves. The teacher will guide the group to shake gently for “small waves” and lift high for “big waves.” Younger toddlers will focus on holding and moving the parachute, while older toddlers will coordinate movements with their peers. The teacher may place small fish toys on the parachute to “swim” during play. This activity encourages teamwork, movement, and coordination.		
Resources/Materials • Parachute • Small toy fish	Key Vocabulary: wave, up, down	Support:



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Day 4	Topic(s)		Foundation(s)	
	Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart		PHG3.1 Demonstrate development of fine and gross motor coordination	
Indicators				
	Younger Toddlers		Older Toddlers	
	May toss or catch a soft fish with help.		May toss and catch back and forth with a partner.	
Activity: Toss & Catch Fish				
Children will use soft plush or beanbag fish to practice tossing and catching. The teacher will model tossing the fish gently in the air and catching with two hands. Younger toddlers may simply try throwing the fish, while older toddlers will attempt to catch and return it. The game can be played individually or in pairs. This develops hand-eye coordination and cooperative play.				
Resources/Materials Soft plush or beanbag		Key Vocabulary: toss, catch, fish		Support:



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Day 5	Topic(s) Theme: Fishing for Fun Number: 5 Letter: Xx Color: Silver Shape: Heart	Foundation(s) PHG2.2 Demonstrate development of body awareness and physical activity PHG3.1 Demonstrate development of fine and gross motor coordination
Indicators	Younger Toddlers	Older Toddlers
	May crawl or step through simple obstacles.	May complete the full obstacle course and collect fish.
Activity: Fish Obstacle Course Children will navigate a simple obstacle course to “find and rescue” toy fish. The course may include crawling under a chair, stepping over a pillow, and walking across a taped line. Younger toddlers will complete easier sections with support, while older toddlers attempt the full course. At the end, children will collect toy fish and place them in a bucket. This activity develops strength, problem-solving, and coordination.		
Resources/Materials • Toy fish • Simple obstacle setup (pillows, tunnel, tape line)	Key Vocabulary: jump, crawl, find	Support: