



## Pre-K Monthly Possibility Plan

### Health and Fitness

#### February



#### Language and Literacy

Letter names, shape and sound R, C, H  
Awareness of Action Words  
Thesaurus Rex  
Letter Match to Fitness Activity  
Oral Language Cards  
Rhyme and Chant Fitness Posters  
Wheel of Fitness  
Health and Fitness Stories  
I Can Write My Name

#### Mathematic and Manipulatives

Recognize Numbers 6, 7  
Fitness Clock  
Counting Jumping Jacks  
Button Patterns (Fine Motor)  
Sorting Fruits and Vegetables  
Brush Your Teeth for Two Minutes  
Portion Sizes

#### Social Studies

My Body Can Move Like This...  
Using Earth's Environment to Exercise  
(Swim in ocean, climb a mountain, etc.)  
Traveling Skills  
Create Map of Gym

#### Science and Discovery

What Makes Your Heart Beat Fast?  
How Germs are Spread Activity  
Egg and Pop Science Experiment  
Observe Healthy Foods

#### Fine Arts

Healthy Hearts  
Music and Movement  
My Healthy Plate  
Healthy vs. Non-Healthy Food Collage  
Action Photos and Drawings

#### STEAM Challenge

How Many Drops to Fill the Dot? (fine motor)

#### Physical Health and Safety

Stretch Before Exercising  
Safety Around Water  
Keep It Moving  
Limit T.V. Time

#### Social/Emotional Development

Set a Goal and Follow Through  
Don't Give Up, Try Again!  
Let's Pretend

#### Fit Kids

Create an Obstacle Course  
Hula Hoop Games  
Fitness Dice  
How Fast Can I Run?  
Energy Ball Snack  
Fruit Pizzas

#### Media and Technology

GoNoodle  
Cosmic Kids Yoga  
Research How the Body Works

#### Nature's Classroom/Outdoor Investigations

Hopscotch  
Riding Bikes Around the Track, Counting Laps  
Freeze Tag

#### Dramatic Play

Gym

#### Family Partnerships/Special Events

Valentine's Day Party in Classroom 2/14/18  
Dental Health Month  
Heart Healthy Month  
Black History Month  
Olympic Games