



Barb's Care – A – Lot

Contact Information

CACFP Sponsor	Gainer Ent. LTD
Child Care Facility Name	Barb's Care-A-Lot
Child Care Provider Contact Person Name	Barbara A. Gainer
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Description

My center is built on a 100 acre family farm. We have 70 children enrolled. We have lots of outdoor space, a creek, wooded areas, and see lots of nature.

Keystone STARS Level 4

Category

Physical Activity Time or Environment – PA1 Active Play and Inactive Time; PA4 Physical Activity Education for Staff, Children, and Parents; PA5 Physical Activity Policy

Goal

Our goal is to incorporate more structured physical activity.

Promising Practice

Our big activity is Field Day. We use a lot of new equipment, as well as teacher-created activities. Each classroom is in charge of an activity, so there are activities for every age and every level of skill. Children and teachers have a wonderful time testing their skills and participating in the different activities.

Action Steps

- Limit TV time. Physical activity is the best alternative.
- Provide staff with professional development on the importance of physical activity and of teachers participating with children, as well as how to plan structured physical activity.
- Involve staff in selecting materials to implement new practice and in developing the structured physical activities.
- Make it policy to provide 60 minutes of structured physical activity every day.

Materials

Item Purchased	Cost of Item
Classic Cart with Balls	\$289.99
Super Hoops 24"	\$56.99
Super Hoops 30"	\$61.99
Jump Ropes 7'	\$10.49
Jump Ropes 8'	\$11.49
Jump Ropes 16'	\$14.99
Play Hut Ultimate Playland	\$159.99

Large Folding All-Purpose Goal	\$62.99
Volleyball Net	\$39.99
Trike Tracks	\$289.95

Advice

The teachers and parents have to be on board. Everyone has to participate. We made our belief in the importance of physical activity part of our policy.

Evidence of Success

Field day is a success because everyone participates and gets excited about it.