



Kiddie Academy of Warminster

Contact Information

CACFP Sponsor	Kiddie Academy of Warminster
Child Care Facility Name	Kiddie Academy of Warminster
Child Care Provider Contact Person Name	Debbie Dillon
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Description

Kiddie Academy is a child care center. We serve approximately 80-100 children. Our center has a subsidy rate of 52%. We are located on a corporate campus in Warminster. Our building is stand alone with a large playground that runs the length of the building on one side.

Keystone STARS Level 1

Category

Physical Activity Time or Environment – PA2 Play Environment; PA4 Physical Activity Education for Staff, Children, and Parents

Goal

Our goal is to provide more structured physical activity.

Promising Practice

The Pre-K teachers created Fruit and Veggie Twister. They used a large sheet of bulletin board paper and glued pictures of fruit and vegetables on the paper. The pictures were taken from the Color Me Healthy Supplement. To create a spinner, the teachers used a piece of cardboard and made the spinner from the lid of a plastic coffee can. On the cardboard they again used pictures from the Color Me Healthy supplement to make the right/left hand and foot zones. The costs were minimal as the teachers used supplies on hand. The game was created over a two-week period during nap time.

We also began to designate the “Healthy Child of the Week.” This child was recognized for participation in physical activities, as well as healthy eating. The “Healthy Child of the Week” had his or her picture posted on a nutrition-oriented bulletin board.

Action Steps

- Research and purchase curricula to offer nutrition and physical activity education, like Keystone Kids Go! Active Toolkit and LANA.
- Integrate lessons from curricula into class lessons.
- Create Fruit and Veggie Twister.
- Introduce and play the game. Talk about fruits and vegetables while you play. Where do they grow? How do they taste?

Materials

Item Purchased	Cost of Item
Safe & Soft Active Playset	\$29.50
Nutrition/Exercise Posters	\$2.99
Field Day Kit	\$199.99
Kickball for All Ages	\$39.95
Fitness & Fun CD Set	\$78.95
Hop Around Steps	\$39.95

Advice

Use what you have! You don't have to purchase a lot of materials. We used an old sheet (no prints) to make the Fruit and Veggie Twister game board. The fruit and vegetable pictures could be painted on by sliding the pictures under the game board. We created a binder of resources acquired from the internet for the teachers to use for their lesson plans. The resource binder is what the Pre-K teachers used as a jumping off point to create Fruit and Veggie Twister. The idea also came about because we wanted something active to do on rainy days.

Evidence of Success

Success was measured by the laughter of the children while playing the game and how often they ask to play it. Having Fruit and Veggie Twister and the new materials we purchased helped us to increase the amount of physical activity time provided. Also, the children are able to identify more fruits and vegetables since we began playing the game.