



# Barb's Care – A – Lot

## Contact Information

<b>CACFP Sponsor</b>	Gainer Ent. LTD
<b>Child Care Facility Name</b>	Barb's Care-A-Lot
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## Description

My center is built on a 100 acre family farm. We are licensed to serve 62 children and have 70 enrolled. We have lots of outdoor space, a creek, wooded areas, and see lots of nature.

## Keystone STARS Level 4

### Category

- Physical Activity Education (time or environment)- PA1 Active Play and Inactive Time; PA4 Physical Activity Education for Staff, Children, and Parents; PA5 Physical Activity Policy



### Goal

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.
- Provide staff with professional development on the importance of physical activity and of teachers participating with children, and how to plan structured, physical activities.

- 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**

<b>Item Purchased</b>	<b>Cost of Item</b>
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.

