



# Discovery Place Preschool

## Contact Information

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## Description

Youth Enrichment Programs, INC. (YEP) is a minority-woman owned business governed by a Board of Directors and located in South Philadelphia. Under the umbrella of YEP, there are two Early Childhood Centers including Discovery Place Preschool and three After School Programs. Discovery Place Preschool serves a variety of low income and at risk children from different cultural backgrounds. The center provides care for approximately 118 children through Child Care Information Services and Pre K Counts. Some of our children do not have access to healthy foods and proper nutrition when they leave our center, and for some the only full meals they receive are those served at our center. Being a part of the CACFP food program allows us to serve the children morning snack, lunch, and dinner to fill this very important need.

## Keystone STARS Level 3

## Category

Nutrition and/or Physical Activity Education (through curriculum or other resource) - PA1 Active Play and Inactive Time



## Goal

The goal of our promising practice is to promote physical fitness and healthy living to our children and staff.

### Promising Practice

Our promising practice is to provide structured physical activity for our children at least three times a week. Once a week the children are involved in an organized physical fitness class led by a qualified physical fitness teacher. Every week, Lil' Sports comes to our center and works with the children on following directions, running, stretching, and jumping through structured physical activity. The children learn to pass balls safely, how to tumble, and how to properly and safely execute exercises. In addition to the regular scheduled activities, occasionally the fitness instructor will use the playground and the children navigate different obstacles. When there is inclement weather, the instructor will use classroom space to create safe obstacles courses and activities for the children, such as creating a track for the children to jog backwards and forwards to fast and slow music. At least two days a week the teachers lead the children in structured physical activities in class with the Jump, Hop and Skip Pack and Let's Get Moving Activity Mats. The Jump, Hop, and Skip pack assists the children in gross motor skill-building where they participate in hopscotch, Floor Drill Ladder, and Skip-It. The Let's Get Moving Activity Mats teach the children how to skip, squat, and stretch.

### Action Steps

- Involve the teachers first. Find out what kind of structured physical activity they would like to see implemented.
- Research the activities and local resources to assist implementation (services, cost, customer feedback, etc.)
- Keep the teachers involved - ask them to vote on the activity.
- Implement - give the teachers the opportunity to learn the program so they can implement it, too.

### Materials

<i>Item Purchased</i>	<i>Cost of Item</i>
NCSF Certified Fitness Instructor	\$510.0 (\$30/hr for 17 wks)
Let's Get Moving Activity Mats	\$39.95
Little Movers Jump, Hop & Skip Pack	\$189.00



### Advice

Look at different companies and different venues to promote physical activity. At first we wanted to find a qualified gym teacher, but then we found an organization that works directly with teaching the children healthy living, listening, and ways they can still have fun but participate in a healthy activity **and** that met our budgetary needs and goals.

### *Evidence of Success*

I measured the success by the excitement in the children's faces when they have completed the activities and the excitement they have when they are about to begin. I know we have met our goal when the children want to participate in physical activities and have fun doing so. When the children come up to the staff and ask when Lil' Sports is coming again, and if they get to do the activity mats or activities with the teachers, I know that the goal has been met, and we are promoting healthy living now and into the future.

