



# The Preschool Academy

## **Contact Information**

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<b>Child Care Provider Contact Person Name</b>	Verna Aggie
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## **Description**

The Preschool Academy is located in a beautiful school house of the former St. Alice Catholic School in the heart of Upper Darby. Its class size makes it perfect for one on one instruction and large activities for every child. The Preschool Academy believes that the academic success of all children starts in preschool, and the foundation of early learning must be properly laid. Without the proper foundation, children may struggle unnecessarily in school. It is our purpose and our plan to make sure our children have a solid, strong learning foundation. It is our vision that every child succeeds in school. We serve 110 children.

## **Keystone STARS Level Start with Stars**

## **Category**

**Physical Activity Time or Environment** – PA1 Active Play and Inactive Time

## **Goal**

Our goal is to provide the children, as well as the staff, with more physical activity during the day in a fun and creative way.

## **Promising Practice**

For our staff, we created an exercise program. Staff members participate in the "Insanity" exercise video program led by our two fitness teachers. We brought in a television and simply pop in the video and exercise together during the last half hour of the lunch break. Our goal is to be more active and fit for our children, and we have fun socializing together. This project did not cost any money, just our time. The video and television were donated.

For the children, we implemented a daily afternoon music and movement period. At 3:30, the office broadcasts music that gets all the children up and moving and dancing around their classrooms at the same time. It sounds great! You can hear the thumping around the entire building. It is wonderful to hear and see little feet moving together. The children really enjoy this activity and look forward to it every day.

## **Action Steps**

- Get the teachers involved from the start.
- Assess needs using the PA NAP SACC Self Assessment.
- Select items for indoors and outdoors that will meet needs.
- Integrate physical activity, structured and unstructured, into the daily routine.

## **Materials**

<b>Item Purchased</b>	<b>Cost of Item</b>
Hoop Target	\$82.95
Playground Balls	\$11.95
Hoop Ball Goal	\$89.95
Hoop Ball	\$6.99
Get Up & Get Moving Kit	\$168.99
EZ Catch	\$19.99
Dance Scarves	\$12.99
Hopscotch Play Carpet	\$31.99
Rainbow Rollers	\$92.95
Metal Dome Climber	\$299.95
Assorted Dance & Fitness CDs	\$15.25
Fun Gripper Ball	\$97.99

## **Advice**

Be open to trying activities that will help you become more fit. Provide teachers with the opportunity to think out of the box and be creative, and provide children with opportunities to be physically active outdoors *and* indoors.

## **Evidence of Success**

We measure the success by the participation we receive from the teachers and the smiles we get from the children. We know the goal has been met because the children ask about the music in the afternoon, and the teachers still come prepared to exercise. There has been a definite increase in the amount of physical activity time because it has been integrated into the schedule.