Let’s Move:

A Kindergarten Readiness Initiative
PCCECC

so what is that?
Our Mission

• To improve the quality of early care and education for all the children of Pulaski County
  • “We Care We Prepare”
  • Kindergarten readiness in Pulaski County 40.4%
  • YIKES!
  • State average is 49.0%

Source: 2014 Early Childhood Profile
Yay for us!

- Language and Communication - 74.0% State 70.9%
- Social-Emotional - 80.3% State 79.0%
- Self Help - 55.9% State 56.4%
NOT SO YAY

Cognitive/General Knowledge 29.2% State 34.9%
Physical Well-Being 37.2% State 48.4%
“Just because you're not sick doesn't mean you're healthy. ~Author Unknown

SO......Let’s Move 2014-2015
We proposed, designed, and implemented a series of signs to be displayed in city parks, county parks, and in our Children’s Garden at the library.

Designed with physical development for Kindergarten Readiness in mind ($890.00) for 15 sets.

These activities help teach children how to master movement patterns and physical skills in relation to themselves, their environment, and their peers.

Tricycles for each provider, basketball goals etc… with mini-grants.
Wiggle, Stretch, Bounce
Let’s Keep Moving 2015-2016

- Thank you for the grant!
You & ME Time
Let’s Keep Moving

• You & ME Time at 11 am the first Saturday of each month
• Let’s Keep Moving 3\textsuperscript{rd} Saturday every 3 months at 11am
• Strengthen Families, importance of health and physical well-being
• PAT Parents As Teachers—first Friday of each month
• Quest speakers, professional instructors
• With Spanish Interpreters also
Parts of The Body

 Brigance Screening Kindergarten

to tune of Addams Family

Parts of your body –(clap , clap)
Parts of your body –(clap clap)
Parts of your body , Parts of your body , Parts of your body –(clap clap)
There’s shoulders and there’s elbows
Our chin and our chest
And let’s not forget
Our fingernails and thumbs
Parts of your body –(clap , clap)
Parts of your body –(clap clap)
Parts of your body , Parts of your body , Parts of your body –(clap clap)

Repeat
# Body Parts & Gross Motor Skills

<table>
<thead>
<tr>
<th>3 year olds</th>
<th>4 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Identifies parts of the body</td>
<td>Names parts of Body</td>
</tr>
<tr>
<td><strong>Gross Motor Skills</strong></td>
<td><strong>Gross Motor Skills</strong></td>
</tr>
<tr>
<td>1. Stand on 1 foot for 5 seconds</td>
<td>1. Walk forward heel-to-toe 5 steps</td>
</tr>
<tr>
<td>2. Stand on the other foot for 5 seconds</td>
<td>2. Hops 5 hops on preferred foot</td>
</tr>
<tr>
<td>3. Walk forward heel-to-toes 4 steps</td>
<td>3. Hops 5 hops on other foot</td>
</tr>
<tr>
<td>4 year olds</td>
<td>5. Stand on 1 foot for 10 seconds</td>
</tr>
<tr>
<td>5. Stands on other foot for 10 seconds</td>
<td></td>
</tr>
</tbody>
</table>
5 year olds and Kindergarten Screening

Names parts of body

Gross Motor Skills
Stand on 1 foot for 10 seconds
2. Stand on the other foot for 10 seconds
3. Stand on one foot for 1 second with eyes closed
4. Stand on other foot for 1 second with eyes closed
5. Walk backwards toe-to-heel four steps
EXIT Surveys because its all about the numbers.....
Exit Survey
You & Me Time –
Health and Physical well-being and body parts
September 12, 2015

1. Did you learn anything new during this You & Me Time?
   YES____         NO____

2. Was it helpful to learn the body parts your child will be asked to know by Kindergarten?
   YES____         NO____

3. What else would you like to learn or do with your child from birth to age 5?
   _______________________________________________________________________

4. Would you recommend You & Me Time to others?
   YES____         NO____

5. How did you hear about this program?
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