

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

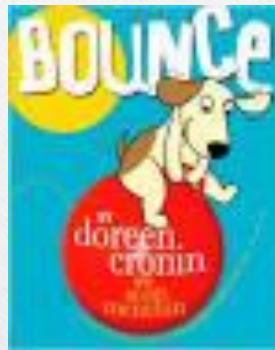
“ We proposed, designed, and implemented a series of signs to be displayed in city parks, county parks, and in our Children’s Garden at the library.

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

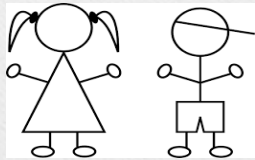
- Thank you for the grant !



You & ME Time

Let's Keep Moving

- You & ME Time at 11 am the first Saturday of each month
- Let's Keep Moving 3rd 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

3 year olds

Identifies parts of the body

Point to 1. Stomach 2. Neck 3. Back
4. Knees 5. Thumbs 6. Fingernails

Gross Motor Skills

1. Stand on 1 foot for 5 seconds
2. Stand on the other foot for 5 seconds
3. Walk forward heel-to-toes 4 steps

4 year olds

Names parts of Body

Point to : 1. Stomach 2. Neck 3. Back 4. Knees 5.
Thumbs 6. Fingernails

Gross Motor Skills

1. Walk forward heel-to-toe 5 steps
2. Hops 5 hops on preferred foot
3. Hops 5 hops on other foot
4. Stand on 1 foot for 10 seconds
5. Stands on other foot for 10 seconds

5 year olds and Kindergarten Screening

Names parts of body

Know names 1. Thumbs 2. Fingernails 3. Chin 4. Chest 5. Elbows 6. Shoulders

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?



Data Numbers Outcomes

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