



# Application for MOve Smart Recognition

**Please complete the following information:**

- Level of recognition you are applying for:  Intermediate  Advanced
- Your facility type:  Child Care Center  Child Care Home
- Does your Center/Home participate with the Child and Adult Care Food Program (CACFP)?  
 Yes  No

<b>Center or Home Name</b>	
<b>CACFP Sponsor Name (if applicable)</b>	
<b>Name of person completing this application</b>	
<b>Address</b>	
<b>City, State Zip</b>	
<b>Telephone Number</b>	
<b>E-mail (if available)</b>	
<b>Center Enrollment</b>	

**Please return completed application packet to:**

Missouri Department of Health and Senior Services  
Bureau of Community Food and Nutrition Assistance  
P.O. Box 570  
Jefferson City, MO 65102

# Application Checklist

Core Requirements: Must Meet Standards 1-3			
√		Check the box in the first column for each standard met	What to Submit
	#1	<b>Amount of Physical Activity</b> <ul style="list-style-type: none"> <li>• Our facility provides at least 90 minutes of physical activity each day.</li> <li>• Of the 90 minutes of daily physical activity, at least 60 minutes of that time is outdoor play.</li> <li>• Our facility provides structured activity by providing at least 30 minutes of teacher led activity each day.</li> <li>• Our facility provides unstructured activity by providing at least 60 minutes of unstructured activity each day.</li> </ul>	One-week schedule worksheet (pages 3-4) that indicates the types of daily activity occurring at the facility for each age group. Use additional sheets as needed.
	#2	<b>No Physical Activity Withheld</b> <ul style="list-style-type: none"> <li>• Our facility does not withhold active playtime for children when they misbehave.</li> </ul>	Facility's written policy regarding the practice of not withholding physical activity as a form of punishment.
	#3	<b>Equipment Available</b> <ul style="list-style-type: none"> <li>• Play equipment includes items from at least 5 of the 6 categories on the MOve Smart Equipment Checklist. There is enough play equipment available for all children to participate in active play at the same time.</li> </ul>	Completed equipment checklist (page 5).
Intermediate Requirements: Must Meet Core Plus 4 Standards from Intermediate Level			
	#4	<b>Additional Physical Activity</b> <ul style="list-style-type: none"> <li>• Our facility provides a total of 120 minutes of active playtime to children each day.</li> </ul>	Same documentation as #1.
	#5	<b>Indoor Physical Activity</b> <ul style="list-style-type: none"> <li>• Our facility has a plan to create indoor space for physical activity.</li> </ul>	Photo(s) and description of space that is used for indoor physical activity.
	#6	<b>Learning Integrated</b> <ul style="list-style-type: none"> <li>• Our facility routinely incorporates physical activity in a learning activity at least one time each day.</li> </ul>	Same documentation as #1. Indicate on the schedule how learning activities are integrated.
	#7	<b>Screen Time</b> <ul style="list-style-type: none"> <li>• Our facility limits screen time to 30 minutes per week. The 30 minutes of screen time is used for educational or physical activity purposes only</li> </ul>	Facility's written policy prohibiting screen media use in the classroom for both children and adults.
	#8	<b>Written Policy for Facility</b> <ul style="list-style-type: none"> <li>• Our facility has a written policy addressing the facility's physical activity practices and the policy is communicated to staff and parents.</li> </ul>	Facility's written physical activity policy. Explain how policy is communicated to staff and parents (page 6).
	#9	<b>Staff Education and Training</b> <ul style="list-style-type: none"> <li>• Each of our staff receives at least 1 hour of training annually that promotes developmentally appropriate physical activities.</li> </ul>	List of physical activity training(s) staff has received (page 6).
	#10	<b>Sedentary Time Limited</b> <ul style="list-style-type: none"> <li>• Our children are not kept sedentary for more than 30 minutes at a time, excluding nap time and meal time.</li> </ul>	Same documentation as #1.
	#11	<b>Visual Promotion of Physical Activity</b> <ul style="list-style-type: none"> <li>• Our facility displays pictures, posters, books and other visual materials to promote physical activity.</li> </ul>	Photos of visual materials displayed in classrooms.
	#12	<b>Staff Participation &amp; Role Modeling</b> <ul style="list-style-type: none"> <li>• Our staff participates in structured and unstructured activity and remains engaged with the children, in an effort to promote physical activity.</li> </ul>	Facility's written policy addressing staff participation in physical activities with children and role modeling.
Advanced Requirements – Must Meet All 12 Standards			

**One-Week Schedule Worksheet: Please refer to the facility's weekly schedule and complete the schedule below. Provide the entire weekly schedule and briefly explain the daily activity. If learning is integrated into the activity, provide an additional explanation. Use more pages as needed.**

Child Care Facility Name: \_\_\_\_\_ Age Group: \_\_\_\_\_ Week of: \_\_\_\_\_

Schedule	Type of Activity (Circle all that apply)		Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Example:</b>  <i>Circle Time</i>	Learning Integrated	Inactive	8:00-8:30	Wake up Stretching	Pretend to be different kinds of weather			
	Structured	Unstructured						
	Indoor	Outdoor						
				# minutes active: <u>5</u>	# minutes active: <u>10</u>	# minutes active: ____	# minutes active: ____	# minutes active: ____
	Learning Integrated	Inactive						
	Structured	Unstructured						
	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____
	Learning Integrated	Inactive						
	Structured	Unstructured						
	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____
	Learning Integrated	Inactive						
	Structured	Unstructured						
	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____
	Learning Integrated	Inactive						
	Structured	Unstructured						
	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____
	Learning Integrated	Inactive						
	Structured	Unstructured						
	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____

Schedule	Type of Activity (Circle all that apply)		Time	Monday	Tuesday	Wednesday	Thursday	Friday
	Learning Integrated	Inactive						
	Structured	Unstructured						
	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____
	Learning Integrated	Inactive						
	Structured	Unstructured						
	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____
	Learning Integrated	Inactive						
	Structured	Unstructured						
	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____
	Learning Integrated	Inactive						
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	Learning Integrated	Inactive						
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	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____
	Learning Integrated	Inactive						
	Structured	Unstructured						
	Indoor	Outdoor		# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____	# minutes active: ____



# Equipment Checklist

Insert the number of pieces of play equipment available for each item listed in each activity category. List any other equipment available in each category and the approximate number of each type.

<b>Balancing</b>		
	Balance Beams or Boards	Rocking Horse
	Stepping Stones	Sit-n-Spin
	Teeter Totter	Yoga for Kids Curriculum
	Other:	Other:
<b>Jumping</b>		
	Jump Ropes	Hopscotch Carpet or Grid
	Jumping Balls	Hurdles
	Other:	Other:
<b>Throwing, Catching &amp; Striking</b>		
	Balls	Plastic Bats
	Bean Bags	Paddles
	Pool Noodles	Targets
	Rackets	Hoops
	Flying Discs	Bowling Pins
	Other:	Other:
<b>Twirling</b>		
	Scarves	Hula Hoops
	Ribbons or Streamers	Parachute
	Batons	Wands
	Other:	Other:
<b>Pushing, Pulling, Traveling</b>		
	Wagons	Trucks; Construction Toys
	Scooters	Slides
	Wheelbarrows	Track for Riding Toys
	Tricycles	Cone Markers
	Other Riding Toys	Floor Mat with Roadways
	Other:	Other:
<b>Crawling, Tumbling, Climbing</b>		
	Tumbling Mat	Ladders
	Tunnels	Jungle Gym
	Cardboard Boxes	Big Blocks
	Other:	Other:

Note: This list of equipment is NOT required for child care licensing

## Written Policy for Facility

1. Explain how the facility's physical activity policy is communicated to staff:

2. Explain how the facility's physical activity policy is communicated to parents:

## Staff Training

List of physical activity training(s) staff has received:

Title of Training	Date	Location	Trainer	Number of Staff in Attendance