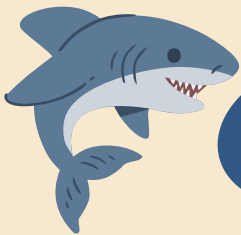


INTEGRATED MOVEMENT APPROACH

This approach integrates movement with all aspects of a preschooler's life by incorporating strategies such as **Active Navigation Routes**, **Active Play Corners**, **Brain Breaks** and **Integrated Learning**.

ACTIVE NAVIGATION ROUTE

Active Navigation Route is a movement course within the preschool that encourages preschoolers to use a variety of movements to get from point to point. Below is an example of an active navigation route.



BABY SHARK ROCKY ROAD



OBJECTIVE:

To impart preschoolers with locomotor skills of walking, crawling, hopping, galloping and skipping using their hands and legs to move into the bay using the rock, foot and hand markers.

HOW TO SET UP:

Paste laminated rocks, foot prints, and hand prints on the floor from one location to another. To help preschoolers to visualise the story, add baby sharks and other sea creatures on the floor.

MATERIALS NEEDED:

Laminated rocks, foot prints, hand prints, baby sharks and other sea creatures.

NOTE: EC educators can consider getting the preschoolers to help in setting up the Active Navigation Route

Learn more about other movement strategies [here](#).