

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.



GOLDILOCKS & THE 3 BEARS ROAD



OBJECTIVE:

To impart preschoolers with locomotor skills such as walking, crawling, hopping and skipping using their hands and legs when moving from the classrooms to the toilet using foot and hand markers.

HOW TO SET UP:

Paste laminated bear paws, foot prints, and hand prints on the floor from one location to another. To help preschoolers to visualise the story, add Goldilocks characters and other items on the floor.

MATERIALS NEEDED:

Laminated Goldilocks characters, foot prints, hand prints, bear paws and other supplementary items such as a bed, chairs and a porridge bowl.

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

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

