

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.



OBJECTIVE:

To get preschoolers to do the following:

- Move along the corridor while applying learnt motor skills (i.e. hopping, jumping, sliding)
- Practise literacy skills (i.e. High frequency words)
- Increase body movement activities

HOW TO PLAY:

1. Preschooler will read and say out each word written on the 'stone'.
2. He/she will jump on each 'stone' according to the route.

HOW TO SET UP:

Print the stickers with the targeted words and plan the route before pasting them.

NOTE:

EC educators should bear in mind the following:

- The size of the words on the stones and the stones should be big enough to be seen.
- The distance between each stones should be within jumping distance for the preschoolers.

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