

# 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.

### HIGH FREQUENCY WORDS STEPPING STONE

#### OBJECTIVE:

To get preschoolers to do the following:

- Move along the corridor while applying learnt motor skills (i.e. hopping, jumping, sliding)
- Identify and match upper and lower case letters
- Increase body movement activities

#### HOW TO PLAY:

1. Preschooler will jump and match the upper case letter with the lower case letter using both feet.
2. He/she will then jump according to the placement of the letters along the route.
3. He/she will also say out the name of each letter as he/she jumps onto it.

#### HOW TO SET UP:

Print the letters and paste them on the floor according to the desired route.

#### NOTE:

EC educators should bear in mind the size of the letters and the distance between them before pasting.

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