

# 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 impart infants with locomotor skills of walking and crawling using their hands and legs to move into the bay using the line and shape markers.

**HOW TO SET UP:** Place a straight and zigzag tape and some laminated shapes on the floor from one location to another.

**MATERIALS NEEDED:** Masking tape or duct tape and laminated shapes.

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

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

