

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.



To get preschoolers to do the following:

OBJECTIVE:

- Increase body movement activities
- Move along the corridor using learnt motor skills (i.e. hopping, jumping, sliding)
- Practise numeracy skills (i.e. part-part whole concept within 10)

HOW TO PLAY:

1. Preschooler will jump on each log and say out the number sentences (i.e. 2 and 3 make 5).
2. He/she will respond with the appropriate movements that correspond with the pictures (i.e. swimming along the river).
3. He/she will hop onto the leaves and flowers and say out the corresponding numbers.

HOW TO SET UP:

Print the stickers/ pictures for the route and paste them onto the floor.

NOTE: EC educators should bear in mind the the size of the stickers and the distance between each sticker before pasting them

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