

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:

- Increase body movement activities
- Move along the corridor using learnt motor skills (i.e. hopping, jumping, sliding)
- Identify and name the different types of lines (i.e. zig-zag, straight, curved)

HOW TO PLAY:

1. Preschooler will decide the movement for each line (i.e. walking on the zig-zag line, tiptoe on the straight line)
2. He/she will move accordingly on the lines as he/she moves from one end of the corridor to the other.
3. He/she will say out each line name as he/she moves along it.

HOW TO SET UP:

Use coloured tapes to create the different types of lines on the floor.

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

