

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 active and moving.

HOW TO PLAY: Preschoolers are encouraged to jump on the logs and tree bark as a movement from one place to another. (i.e. navigation route from class door to cubbies).

MATERIALS NEEDED:

1. Tree bark
2. Logs picture
3. Tape

HOW TO SET UP:

- Print the picture (logs/tree bark)
- Paste it on the floor of the planned route



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