

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 preschoolers with locomotor skills of walking, crawling, hopping, galloping and skipping using their hands and legs to move into the bay using the shape, foot and hand markers.

HOW TO SET UP:

Paste shape, foot, hand floor markers and a balancing log on the floor from one location to another.

MATERIALS NEEDED:

Variety of floor markers (shapes, hand and foot) and a balancing log.

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

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