

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.

TARMAC ROAD NAVIGATION ROUTE WITH PUSH-&-RIDE CARS



OBJECTIVE: To get preschoolers active and moving.

HOW TO PLAY:

Preschooler will need to use their feet to push the vehicles forward/backward to move along the "road" from one point to another.

HOW TO SET UP:

Paste the black material for the pathway from the desired location A to location B. Use the white tape to mark the middle of the "black tarmac road" as the divider. Carpark lots can also be marked at the end of each location for the preschooler to park their vehicles after use using the white tape.

MATERIALS NEEDED:

Self-Adhesive Wallpaper / Laminated Black Vanguard, scissors, White Duct-tape/Electrical tape

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

