

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 PLAY CORNER

An Active Play Corner is a fixed learning space in the preschool where EC educators can place resources that preschoolers can use to play independently and get creative in movement. Below is an example of an active play corner.



OBJECTIVE:

To get the preschoolers to do the following:
Play independently and engage in different exercises using a movement spinner

HOW TO PLAY:

Preschoolers will spin the exercise spinner and number spinner to find out how many times they will do a certain exercise. Repeat for more exercise fun!

HOW TO SET UP:

- Create two movement spinners. One spinner with the actions, the other with the numbers.
- Place the movement spinners at the Active Play Corner for children to access.

MATERIALS NEEDED:

- Card Stock (thicker, more durable paper)
- Pin
- Arrow/Paperclip
- Spinner Template

