

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 preschoolers active and moving.

HOW TO PLAY:

Preschoolers are encouraged to throw the dice and follow through the motor skills that was listed on the dices. For example, the dice land on "Hop" in number 2. Preschoolers will hop 2 times. They will repeat until they reach to the last number.

HOW TO SET UP:

- EC Educators may encourage the preschoolers to write the numbers
- Paste the A3 paper on the floor accordingly.

MATERIALS NEEDED:

1. A3 Paper
2. Markers
3. Dice
4. Tape

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

