

# 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 to learn underarm rolling and numeracy.

**HOW TO PLAY:** Preschoolers will roll the ball and count the number of pins knocked down.

**HOW TO SET UP:** Place the bowling pins standing upright. Preschoolers should stand a distance away before rolling the ball.

**MATERIALS NEEDED:** Ball and Bowling Pins.

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

