

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 apply their creativity and different FMS skills in the obstacle course.

HOW TO PLAY: Preschoolers will use the materials provided to set up an obstacle course.

HOW TO SET UP: Provide materials like big building blocks, empty tissue boxes, hula hoops for the preschoolers to set up their very own obstacle course.

MATERIALS NEEDED: Big building blocks, empty tissue boxes, hula hoops etc

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

