

# 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 overarm throwing and practise their accuracy at hitting a target.

### HOW TO PLAY:

Preschoolers will aim and throw the dart ball at a target.

### HOW TO SET UP:

Place the target board at a suitable height. Preschoolers will have to move a distance away from the board before throwing the dart ball towards the target board.

### MATERIALS NEEDED:

Dart balls and target board.

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

