

# 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**.

## BRAIN BREAKS

Brain Breaks are short bursts of movement activities that EC educators can introduce in between lessons to help preschoolers refocus their attention. Below is an example of a brain break.



### GUESS THE ANIMAL (3-6 YO)



#### OBJECTIVE:

To impart preschoolers with the following:

- Locomotor skills - Jumping
- Object Control skills - Underarm Throw, Catching
- Stability skills - Balancing

#### HOW TO PLAY:

1. Toss the ball to the preschooler and get him/her to toss it back to the EC educator. The preschooler will have to act out his/her animal of choice.
2. The other preschoolers will have to mimic the movement and try to guess the animal.
3. The first preschooler to guess the correct animal will take over to do steps 1-3.

#### MATERIALS NEEDED:

Ball

**NOTE:** EC educators can consider using other objects such as beanbags or crushed paper balls to toss/ catch.

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