

# 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**.

## INTEGRATED LEARNING

Integrated lesson plans, as a movement strategy, incorporate literacy or numeracy skills into the preschoolers' gross motor experiences. Below is an example of an integrated lesson plan.



### OBJECTIVE:

To get preschoolers to do the following:

- Develop their fine and gross motor skills.
- Learn about numbers in a fun and exciting way.

### HOW TO PLAY:

1. Preschooler will walk across the marking cones in a zig-zag manner.
2. They will then try to balance while walking on the balance beams.
3. After that, they will bend over on their hands and knees to crawl through the tunnel.
4. Lastly, they will throw the bean bags or use the water squirter to shoot water towards the fire according to the number word/ numeral (1-5).

### MATERIALS NEEDED:

Bean Bags/ Water squirter, Printed pictures of fire with numeral/number words, Tunnel, Balance beams, Marking cones and iPad

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

