

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:

For preschoolers to do the following:

- Demonstrate control, coordination and balance in gross motor tasks such as moving an object using a hockey stick from point A to point B
- Learn to vary their use of force (i.e. light, strong)
- Learn that items can be upcycled and repurposed
- Recognise the importance of using recycled materials

HOW TO PLAY:

1. WARM UP

Get the preschoolers to

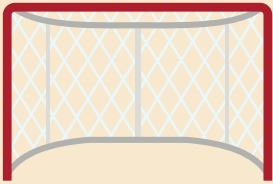
- Swing both arms clockwise 5 times, then anti-clockwise 5 times.
- Stretch out their hands and turn their body to the left, stay for 5 seconds. Then turn to the right and stay for 5 seconds.
- Jog on the spot for 10 seconds then increase speed for another 10 seconds.

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2. MAIN ACTIVITY



- Place 5 cones 5 feet apart from each other.
- Preschooler will use a floorball stick to push an empty recyclable tissue box from left to right, passing through each cone. The tissue box must not be pushed out of boundary or touch the cone.
- Task will be completed once the preschooler pushes the tissue box passed the 5 cones and touch the finishing line.



3. COOL DOWN



- Get the preschoolers to seat in a circle.
- Deep breathe in and out for 5 times, bend their knees and close their eyes for 10 seconds.

MATERIALS NEEDED:

- 5 Cones
- Floorball sticks (one per preschooler)
- Tissue boxes

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

