

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

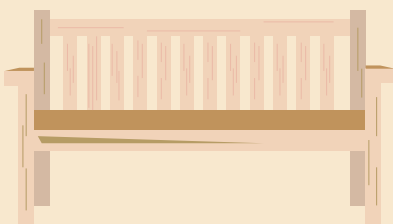
Integrated lesson plans, as a movement strategy, incorporate literacy or numeracy skills into the preschoolers' gross motor experiences. Below is an example of an integrated lesson plan.



OBJECTIVE:

To get preschoolers to learn the following:

- Demonstrate control and coordination in fine motor tasks by putting on the attire of a gardener and carrying out the repotting activity.
- Learn about balance and stability through balancing a bean bag on top of their head while walking along the pathway.
- Understand and explore the different aspects of a gardener
 - Gardener role - Planting, taking care of the plants and beautifying the environment
 - Gardening tools - Shovel, rake, watering can & scissors
 - Tasks of a gardener - Planting, watering, fertilising etc



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HOW TO PLAY:

1. EC educator will introduce the role, tasks and tools of the gardener to the preschoolers.
2. EC educator should share about the importance of the gardener's job to beautify the environment for everyone to appreciate and enjoy.
3. Preschoolers will then start dressing up in the gardener attire.
4. They will then walk along a marked pathway and take part in carrying out the task of repotting a plastic plant into the large trough by doing the following:
 - a. Digging a hole
 - b. Planting the plant
 - c. Patting the soil
 - d. Watering the plant



MATERIALS NEEDED:

Plastic potted plants, Watering can, Rough gravel/pebbly soil, Gardening apron & gloves, Toy gardening tools/ sandcastle kit, Bean bags, Large trough, A pair of rubber boots, Colourful foot-markers, Plastic sheet.

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

