

INTEGRATED MOVEMENT APPROACH

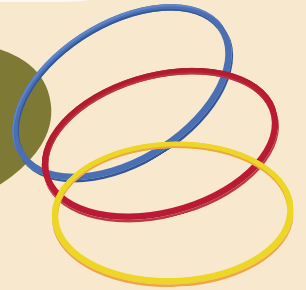
This approach integrates movement with all aspects of a preschooler's life by incorporating strategies such as **Active Navigation Routes**, **Active Play Corners**, **Brain Breaks** and **Integrated Learning**.

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.



JACK AND THE BEANSTALK



OBJECTIVE:

1. Language & Literacy through storytelling

- Preschoolers will show understanding of the story by responding to questions and sharing about the characters and events.
- They will also sequence the events in the story (i.e. drawing/ arranging pictures in correct sequence).

2. Motor Skills Development - Locomotor Skills

- They will learn locomotor skills through participating in the obstacle course and movement activities.

HOW TO PLAY:

Preschoolers are divided into small groups to brainstorm and create different games for different parts of the story. Through the games, they will explore and apply different types of gross motor skills.

MATERIALS NEEDED:

- Paper
- Pencils/Markers
- Colour pencils
- Obstacle Course (i.e. Hula hoops, Balls, Basketball net)



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