

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.



To get preschoolers to learn the following:

- Fine motor skills by slotting the letters in mail slots.
- Gross motor skills by maneuvering through the simple obstacle course.
- Recognise and match number words to the corresponding number of dots on the mailbox.

OBJECTIVE:

HOW TO PLAY:

1. Preschoolers will squat to pick postcard from the container, place it into their sling bag and walk across the marking cones in a zig-zag manner.
2. They will then jump from one hoop to another.
3. Upon reaching the letterboxes, they will insert the postcard into the corresponding dotted letterbox.

MATERIALS NEEDED:

Tissue boxes, Numeral postcards, Sling bag, Container, Marking cones, Hula hoop and iPad

NOTE: EC educators can complement the activity with this mailman song [here](#).

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

