

# 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.



### SORTING RECYCLABLE OBSTACLE COURSE



To impart preschoolers with the following skills:

#### OBJECTIVE:

- To perform locomotor (i.e. walking, running, hopping) and non-locomotor skills
- To identify and sort the different types of recyclables i.e plastic, metal, paper
- To move in different directions (i.e. forward, backward) and different pathways (i.e. straight, curved, zigzag)

#### HOW TO PLAY:

### 1. WARM UP

Get the preschoolers to

- Shoulder arm circles clockwise 5 times, anti-clockwise 5 times.
- Stretch out the hands and turn the body to the left, stay for 5 seconds. Then turn to the right and stay for 5 seconds.
- Walk on the spot for 10 seconds, gradually breaking into slow jog for 10 seconds then increase speed for another 10 seconds.



# INTEGRATED MOVEMENT APPROACH

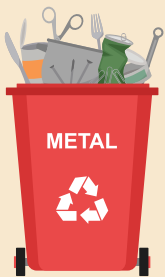
## 2. MAIN ACTIVITY



- Divide preschoolers in groups of 4. Each preschooler will
- Pick a recyclable item (i.e. yakult bottle, milk carton) placed in a box.
  - Run in between 2 skipping ropes/ straight lines.
  - Stop on a yellow line and then hop into 3 hula hoops.
  - Walk on a balancing beam/ zig-zag line on the floor.
  - Place the recyclable item into the correct box (i.e. paper, plastic, metal).
  - Run back to the starting 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.

- Recyclable items (i.e. yakult bottles, milk cartons, newspapers)
- 3 boxes (Label them 'plastic', 'metal', 'paper')
- Hula hoops
- Skipping ropes / straight lines
- Balance beams / zig-zag lines

## MATERIALS NEEDED:



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

**REDUCE  
REUSE  
RECYCLE**