

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.



RIVER BANK JUMPS



OBJECTIVE:

To impart preschoolers with the following skills:

- To jump according to different height bands (low, medium & high) and over a distance
- To have personal and general spatial awareness
- To promote their sense of imagination by sharing the items they pick up while cleaning the river

HOW TO PLAY:

1. WARM UP

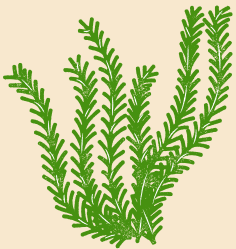
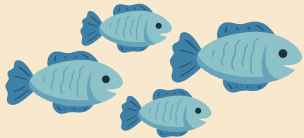
Get the preschoolers to

- Walk on the spot for 10 seconds before breaking into slow jog for another 10 seconds.
- Jump from one side of the imaginary line to the other with both feet together.
- Jump back and forth on one foot.
- Raise left knee in the air. Intensify by increasing the arms' movements, such as touching their hands or elbows.

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2. MAIN ACTIVITY

- Get 2 preschoolers to stand on each end of the rubber band strapped against the back of their ankles.
- Get them to widen their legs to increase width of the band.
- Remaining preschoolers to line up perpendicular to the rubber band.
- One preschooler at a time, preschoolers lining up will then jump over the rubber bands without touching the band.



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:

Long rubber bands that can be stretched

NOTE:

EC educators can consider increasing the difficulty by increasing/ decreasing the width of the gap to challenge the children's spatial awareness or placing the rubber band higher/ lower.

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

