

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:

OBJECTIVE:

- Develop both fine and gross motor skills which affect their physical fitness, agility and body coordination.
- Solve problems as they learn how to maneuver up, over, or through obstacles while exploring textures in their environment.

Preschoolers will explore the obstacle course and the various textures in the environment.

HOW TO PLAY:

Locomotor skill:

- Jog around the cones in a zig-zag manner.
- Hopping from 1 foot-shaped marker to another.
- Walk with 1 foot in each hula hoop to get to the other side.
- Bending over to crawl on hands and knees through the rainbow tunnel to get to the other side.

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



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HOW TO PLAY:

Object Control:

- Apply overarm throw using the sponge ball/bean bag into the basket (play pretend hand grenades).

Stability:

- Balance and walk across 2 balance beams and jump off to land on stable footing.
- Climb up onto the table and crawl across the table to get to the other side and slide down the sponge slope onto the water mat.

MATERIALS NEEDED:

Rainbow Tunnel (Smooth), Low Bench / Long Table, Hula Hoops, Colour Electrical Tapes, Cones, Rubber Foot-shaped Markers, Balance Beams, Basket, Sponge Ball / Bean Bag, Soft gym slope (soft), Soldier cap/helmet, Netting, Vines, Textured mats - Grass (rough) & water (wet)

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