

# 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

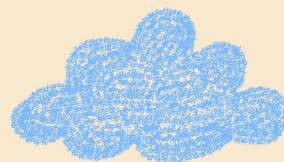
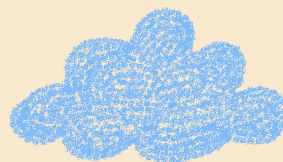
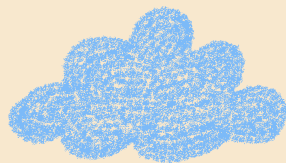
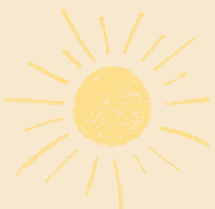
Integrated lesson plans, as a movement strategy, incorporate literacy or numeracy skills into the preschoolers' gross motor experiences. Below is an example of an integrated lesson plan.



To get preschoolers to learn the following:

### OBJECTIVE:

- Bend and stretch different parts of the body to form letters of the alphabet with their partners.
- Explore the role of the teacher and the tools used by an teacher to teach.
- Familiarize with the alphabet; reciting, identifying, and producing the sounds of the individual letters.



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

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## HOW TO PLAY:

1. Introduce some of the tools which a teacher uses to carry out a lesson to the preschoolers - whiteboard, marker, storybook & flashcards or teaching aids.



2. Explain that teachers also teach language skills like the alphabet. Get the preschoolers to assist the EC Educator to help their friends learn or identify the letters of the alphabet by using their bodies to form various letters.



3. Get the preschoolers to explore forming various letters in the alphabet using different parts of their bodies.

## MATERIALS NEEDED:

iPad, Whiteboard, Pointer, Alphabet Chart, A large storybook, Body Alphabet poster chart

**NOTE:** EC educators can complement the activity with the [poster chart](#) and the teacher song [here](#).

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