

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.



HOPSCOTCH AND SHARE



OBJECTIVE:

1. Participate in movement activities.
2. Work and play cooperatively in a group.
3. Share and talk about their drawings.

HOW TO PLAY:

1. Preschoolers will take turns to jump / hop forward onto the mats / hula hoops.
2. They will then share their drawings confidently in front of their peers.

MATERIALS NEEDED:

1. Hula Hoops / Mats
2. Children's Drawings

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

