

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.



OBJECTIVE:

1. Learn to count in multiples of 2 up to 20.
2. Balance walks on a beam.
3. Jump continuously.

HOW TO PLAY:

1. Preschoolers will find a partner and queue in pairs.
2. They will complete the obstacle course such as balance walk on a beam and jump over obstacles to reach the other side.
3. They will then count in multiples of 2 as each pair reaches the other end.

MATERIALS NEEDED:

1. Hula hoops
2. Balancing beam

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

