## INTEGRATED MOVEMENT SINGAPORE 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.

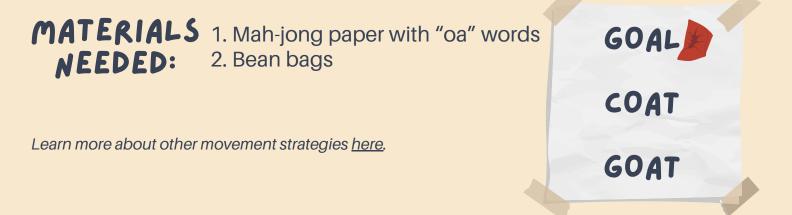
## \*OVERARM THROW AND BLEND

1. Learn the skill of overarm throw using the bean bags **OBJECTIVE:** to aim into the hula hoop.

2. Blend and read words with "oa".

HOW TO PLAY: 1. Preschoolers will take a bean bag and do an overarm throw onto the mah-jong paper.

2. They will then try to blend and read the words with "oa" where the bean bag landed.



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