

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 the skill of overarm throw using the bean bags 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.

MATERIALS NEEDED:

1. Mah-jong paper with "oa" words
2. Bean bags

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

