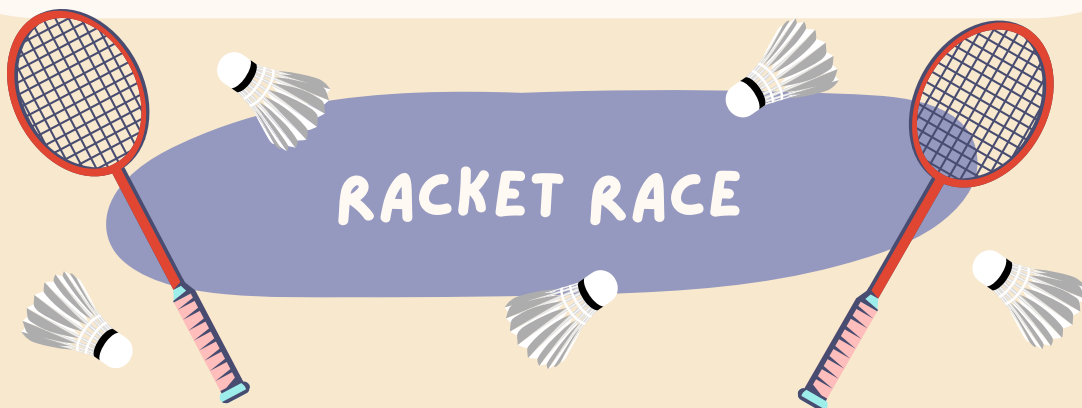


# INTEGRATED MOVEMENT APPROACH

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.

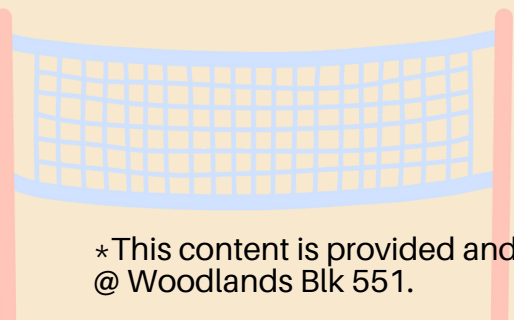


- OBJECTIVE:** To impart preschoolers with the following skills:
- To execute a forehand grip to serve a shuttle
  - To identify a number as odd or even number

### HOW TO PLAY:

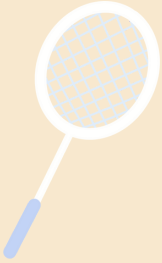
#### 1. TUNING IN

- Get preschoolers to bend their knee slightly and jump off the ground, land back to the same place. Jump and count to 10.
- Get them to pretend to swim by moving their arms from front to back and count to 10. Then, move arms from back to front and count to 10.

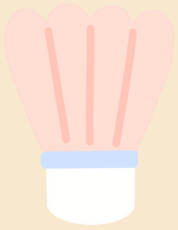


# INTEGRATED MOVEMENT APPROACH

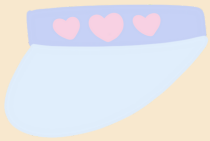
## 2. MAIN ACTIVITY



- EC educators should lay out the number mat.
- Get the preschoolers to queue in 2 lines.
- Use a racket to serve the shuttle upward and use their underarm to hit the shuttle cock up.
- Preschoolers will need to say out the number where the shuttle lands on and identify the number as odd or even.
- The group with the most hit on the number wins.
- Repeat the game.



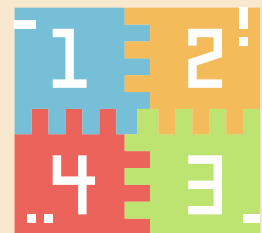
## 3. CLOSURE



- Get the preschoolers to sit down with one leg straightened out and one leg folded in.
- Bend their body and stretch out their arm to reach the straightened out foot and count to 10.
- Repeat with the other leg.
- Straighten out both legs and stretch out both arms to touch both feet. Count to 10 and release.

## MATERIALS NEEDED:

- Number mat
- Badminton rackets
- Shuttlecock



**NOTE:** EC educators can consider setting the starting point at different distances from the goal (3 levels from near to far) to increase difficulty.

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