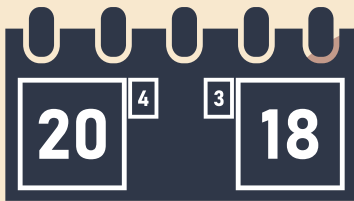


INTEGRATED MOVEMENT APPROACH

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.



SHOOT AND SCORE



OBJECTIVE:

To impart preschoolers with the following:

- Object Control skills - Overarm Throw
- Stability skills - Static Balance
- Count while moving

HOW TO PLAY:

1. TUNING IN: 15 STAR JUMPS

- Gather the preschoolers in a circle.
- Invite them to do 15 star jumps, counting in ascending order. They can also count in descending order or in multiples of 5.
- EC educator will demonstrate how to execute an overarm throw. It resembles a push, where the swinging arm goes upward and backward before releasing the ball into the air.
- In the circle, pick a preschooler to call upon another friend. They will jump and pretend to hi-5 each other from a distance.



INTEGRATED MOVEMENT APPROACH

2. MAIN ACTIVITY: SHOOT & SCORE!



- Divide the preschoolers into two groups.
- Have one group practise in a circle by taking turns to throw the ball to one another using an overarm throw.
- Get the other group to practise their overarm throw using the E-Jet Basketball set.
- EC educator should encourage children to keep track of their score.
- After a time interval, swap the groups.



3. CLOSURE: STAR BREATHING

- Gather the preschoolers in a circle.
- Invite them to hold out one hand. Using the other hand, get them to trace the side of the thumb while breathing in, and go over the other side of the thumb while breathing out.
- Repeat this step for all fingers and then the other hand.

MATERIALS NEEDED:

E-jet Basketball Set, Balls.

NOTE:

EC educators can consider

- Using different materials (i.e. crushed paper balls, beanbags)
- Increasing the distance between the starting point and the target

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

