

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 kicking, shooting and ball control
- To count according to the score

HOW TO PLAY:

1. TUNING IN

- Gather the preschoolers in a circle.
- Get them to stand in an upright position on one leg, reach back and pull the opposite foot up toward their body. Count to 10 then release the leg.
- Repeat on the other leg.
- Repeat this 3 times.



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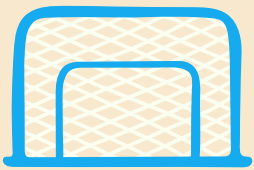
2. MAIN ACTIVITY



- Set up 2 goal sets and mark the starting point on the floor for each group.
- Get the preschoolers to queue in 2 lines.
- Kick the ball towards the goal and count the number of goals each group has scored.
- Compare the scores between both groups and the group with the higher score wins.



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:

Folding Soccer Goal Set, Sport Vests.

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](#).

