

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:

- Object Control skills - Underarm Roll
- Stability skills - Static Balance
- Strike a target with accuracy
- Enhance literacy skills through recognition of letters or sight words

HOW TO PLAY:

1. TUNING IN: SAUCY MEATBALLS

- Place two boxes at a distance away from the start line.
- Divide the preschoolers into two rows and get them to stand behind the start line with a ball each.
- Preschoolers will 'roll' the 'meatballs' into the 'freezer' (boxes) before going back to the end of the line for the next child to roll and it will repeat until all the preschoolers have a try.

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2. MAIN ACTIVITY: BOWLING

- Set up the Little Tikes/WEMove Bowling Set.
- Prepare sight words or letters or phonics cards to paste on the bowling pins.
- Get the preschoolers to take turns practising their underarm rolling using the sets. They will have to read out the cards on the pins that they have struck.



3. CLOSURE: WET SPAGHETTI

- Get the preschoolers to stretch their hands up to the sky.
- Get them to shake hands like they are wet spaghetti, followed by the legs.
- EC educator can call out different body parts for the preschoolers to shake.
- Repeat this step for all fingers and then the other hand.



MATERIALS NEEDED:

Early Years - Little Tikes Bowling Set, Oballs
Preschool Years - WEMove Bowling Set, Balls

NOTE:

EC educators can consider

- Exploring underarm rolling at different levels (i.e. standing, bending, squatting) while playing Saucy Meatballs
- Changing the pathways to 'roll' the 'meatballs' in e.g. zigzag, curved

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

