

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 underarm throw by tossing the bean bags into the hula hoop.
2. Blend and read words with sounds beginning with "gl".

HOW TO PLAY:

1. Preschoolers will take the bean bag and do an underarm throw into the hoop.
2. They will then pick up the word card and try to blend and read the words with sounds beginning with "gl".

MATERIALS NEEDED:

1. Hula hoops
2. Word Cards
3. Bean bags

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

