

Дорогие ребята!

На уроках английского языка, как и на остальных уроках, мы часто проводим у вас физкультминутки. Вашему вниманию я представляю 10 самых популярных физкультминуток с наших уроков.

1.

Teddy Bear, Teddy Bear, touch your nose,
Teddy Bear, Teddy Bear, touch your toes;
Teddy Bear, Teddy Bear, touch the ground,
Teddy Bear, Teddy Bear, turn around.
Teddy Bear, Teddy Bear, reach up high,
Teddy Bear, Teddy Bear, wink one eye,
Teddy Bear, Teddy Bear, slap your knees,
Teddy Bear, Teddy Bear, sit down please.

2.

Head and shoulders, knees and toes,
Knees and toes, knees and toes!
Head and shoulders, knees and toes,
Eyes and ears, mouth and nose!

Head and shoulders, knees and toes,
Knees and toes, knees and toes!

3.

Hands up, clap, clap!
Hands down, clap, clap!
Turn yourself around and then you clap, clap!
Bend left, clap, clap!
Bend right, clap, clap!
Turn yourself around and then you clap, clap!

4.

One, two – tie your shoe! (*Try to tie shoes*)
Three, four – mop the floor! (*Move as you mop the floor*)
Five, six – pick up bricks! (*Make an imaginary wall*)
Seven, eight – wash a plate! (*As you wash plates with a duster*)
Nine, ten – begin again!
(*That's the end!*)

5.

Clap, clap, clap your hands,
Clap your hands together.
Stamp, stamp, stamp your feet,

Stamp your feet together.
Spin, spin, spin around,
Spin around together.
Shake, shake, shake your hands,
Shake your hands together.
Wink, wink, wink your eyes
Wink your eyes together.
Dance, dance, dance about,
Dance about together.
Smile, smile at your friends,
Let us smile together.

6.

Hands on your hips, hands on your knees,
Put them behind you if you please.
Touch your shoulders, touch your nose,
Touch your ears, touch your toes.

7.

Raise your hands high in the air,
At your sides, on your hair.
Raise your hands as before
While you clap: one, two, three, four.
I put my hands upon my hips,
I turn myself around.
I raise my hands above my head
And then I touch the ground.

8.

My hands upon my head I place,
On my shoulders, on my face.
Then I raise them up on high
And make my fingers quickly fly.
Then I put them in front of me
And gently clap: one, two, three.

9.

If you are happy and you know it,
Clap your hands.
If you are happy and you know it,
Clap your hands.
If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Clap your hands!
If you are happy and you know it,
Snap your fingers.

If you are happy and you know it,
Snap your fingers.

If you are happy and you know it,
And you really want to show it,

If you are happy and you know it,
Snap your fingers!

If you are happy and you know it,
Nod your head.

If you are happy and you know it,
Nod your head.

If you are happy and you know it,
And you really want to show it,

If you are happy and you know it,
Nod your head!

If you are happy and you know it,
Stamp your feet.

If you are happy and you know it,
Stamp your feet.

If you are happy and you know it,
And you really want to show it,

If you are happy and you know it,
Stamp your feet!

If you are happy and you know it,
Click your tongue.

If you are happy and you know it,
Click your tongue.

If you are happy and you know it,
And you really want to show it,

If you are happy and you know it,
Click your tongue!

If you are happy and you know it,
Say OK.

If you are happy and you know it,
Say OK.

If you are happy and you know it,
And you really want to show it,

If you are happy and you know it,
Say OK!

If you are happy and you know it,
Do all six.

If you are happy and you know it,
Do all six.

If you are happy and you know it,
And you really want to show it,

If you are happy and you know it,
Do all six!

Hands up! Hands down!
Hands on hips! Sit down!
Hands up! To the sides!
Bend left! Bend right!
One, two, three! Hop!
One, two, three! Stop!

**Вашему вниманию также представляю ссылку на замечательный обучающий сайт
Британского Совета!**

<http://learnenglishkids.britishcouncil.org/en/>