

Цель: охрана и укрепление здоровья ребенка, развитие интереса к физическим упражнениям, стремления улучшать двигательные умения, правильно и точно выполнять движения, анализировать свои действия, сопоставлять их с образцом.

Задачи:

1. Укреплять здоровье, улучшать общую физическую подготовленность детей, удовлетворять биологическую потребность в движении, создавать положительный эмоциональный тонус.
3. Развивать все группы мышц, координацию движений, силу и выносливость
4. Воспитывать у детей умения быть организованными, инициативными, поддерживать дружеские взаимоотношения со сверстниками.
5. Воспитывать привычку к ежедневным физическим упражнениям

Оборудование: **платочки**

Lesson Plan of the morning exercise

Purpose: protection and strengthening of the child's health, the development of interest in physical exercises, the desire to improve motor skills, correctly and accurately perform movements, analyze their actions, compare them with a model.

Objectives:

- 1. Strengthen health, improve the general physical fitness of children, satisfy the biological need for movement, create a positive emotional tone.**
- 3. Develop all muscle groups, motor coordination, strength and endurance**
- 4. To teach children the ability to be organized, proactive, maintain friendly relationships with peers.**
- 5. Cultivate a habit of daily exercise**

Equipment: handkerchiefs

Parts and content of the lesson (name of the exercises)	Dosage	Pace	Breathing	Organizational and methodological guidelines
<p>Introduction</p> <p>Formation in a line:</p> <ol style="list-style-type: none"> 1. - Normal walking 2. - Walking on your toes - Normal walking 3. - Walking on your heels - -Normal walking 4. - Walking like a heron - Normal walking 5. The usual running in a circle after each other. 6. Running with a high knee lift <p>Normal walking</p> <ol style="list-style-type: none"> 7. Free line up 	50 - 60 s	moderate	calm	<ol style="list-style-type: none"> 1. Observe the boundaries of the room, keep the back straight. 2. Hold hands behind the head 3. Hold hands on the belt 4. Raise knees high, pull sock down 5. Run lightly 6. Raise the knee high. 7. Spread out across the hall.

<p>Main part: GDE complex with handkerchiefs</p> <ol style="list-style-type: none"> 1. Handkerchief up 2. Tilts with a handkerchief 3. Handkerchief at the chest 4. Handkerchief on the knee 5. Turns with a handkerchief 6. Triangle 7. Jumping over the handkerchief 	<p>6-8 times</p>			<ol style="list-style-type: none"> 1. starting position: the main stand with a face in a circle, a handkerchief in both hands below. 1 - raise the handkerchief up, put the right leg back on the toe; 2 - return to starting position. The same with the left foot 2. starting position: main stand, handkerchief at the top, bend over to the right, straighten up. Do the same to the left 3. starting position: main stand, handkerchief in both hands at the chest. 1-2 - sit down, take the handkerchief forward; 3-4 - return to starting position 4. starting position: the main stand, a handkerchief in both hands at the bottom. 1-bend the right leg, put the handkerchief on the knee; 2-return to the starting position. The same with the left foot 5. starting position: kneeling position, handkerchief in both hands at the bottom. 1-turn to the right, touch the heel of the left foot with a handkerchief; 2-return to the starting position. Same to the left • 6. starting position: lying on the back (make a "triangle"), and do not lift the shoulders off the floor. 2 — return back to the starting position 7. starting position: standing sideways to the handkerchief, the handkerchief on the floor. Jumping over the handkerchief on the right and left, alternating with walking on the spot or in a circle
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The final part. Exercises to restore breathing				Doing: 1- breath; 2 – slow breath out	
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