

*If you are tired at the English  
lesson...*

**Физкультминутки  
на уроках английского языка  
в начальной школе.**



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# Знаете ли Вы, что?

**Выполнение ритмических упражнений в сочетании с речевой деятельностью**

- способствуют реализации двигательной активности, присущей младшим школьникам;
- благоприятно сказывается на настроении детей и их эмоциональном тоне;
- стимулирует интерес к учению;
- позволяет поддерживать положительный контакт между учителем и учащимися.



**Попробуйте  
вместе с нами  
отдохнуть на  
уроках  
английского  
*You are*  
языка.  
*welcome!***



# *Teddy Bear, Teddy Bear*

*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, turn around,  
Teddy Bear, Teddy Bear, touch the ground,  
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*



# Ten Fingers (A finger play)

*I have fingers (hold up both hands, fingers spread)*

*And they all belong to me, (point to self)*

*I can make them do things -*

*Would you like to see?*

*I can shut them up tight (make fists)*

*I can open them wide (open hands)*

*I can put them together (place palms together)*

*I can make them all hide (put hands behind your back)*

*I can make them jump high (hands over head)*

*I can make them jump low (touch the floor)*

*I can fold them up quietly (fold hands in lap)*

*And hold them just so.*



# Right Hand, Left Hand

*This is my right hand,  
I'll raise it up high (Raise the right hand)*

*This is my left hand,  
I'll touch the sky. (Raise the left hand.)*

*Right hand, (Show the right palm.)*

*Left hand, (Show the left palm)*

*Roll them around. (Roll hands around)*

*Left hand, (Show the left palm)*

*Right hand, (Show the right palm)*

*Turn around, turn around.*



# *A Walk in the Jungle*

*Giraffes are tall, with necks so long. (Stand on tip  
toes; raise arms high  
up into the air)*

*Elephants' trunks are big and strong. (Make trunk  
with a hand and an arm)*

*Zebras have stripes and can gallop away, (Gallop  
around in a circle)*

*While monkeys in the trees do sway. (Sway back and  
forth)*

*Old crocodile swims in a pool so deep, (Pretend to  
swim)*

*Turtles in the sun go to sleep. (Lay head on hands  
and close eyes)*



# Hands!

*Hands up!*

*Hands down!*

*Hands on hips!*

*Sit down!*

*Hands up!*

*To the sides!*

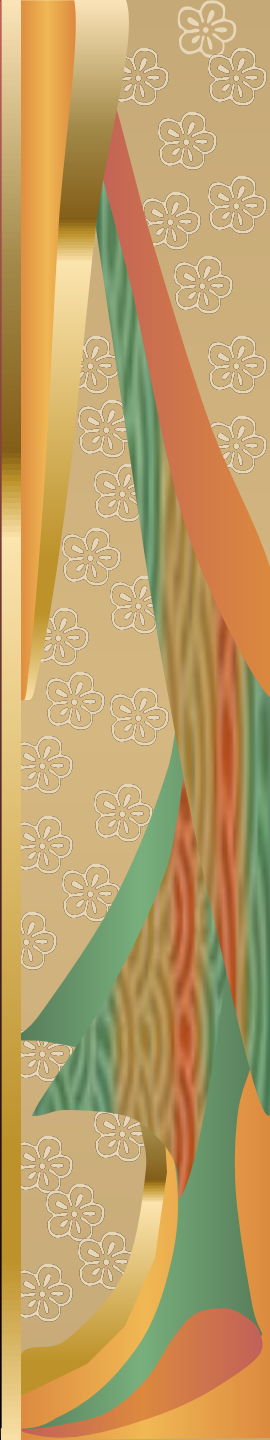
*Bend left!*

*Bend right!*

*One, two, three! Hop!*

*One, two, three! Stop!*

*Stand still!*





# Clap! clap!

*Hand s 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!*



# Parts of the body!

*Head and shoulders,  
knees and toes, knees and toes, knees and  
toes!*

*Head and shoulders,  
knees and toes,  
eyes, ears, mouth and nose!*



# *Working about the house!*

*One, two – tie your shoe!*

*Three, four – mop the floor!*

*Five, six – pick up bricks!*

*Seven, eight – wash a plate!*

*Nine, ten – begin again!*

*(That's the end!)*



# Clap, clap, clap your hands!

*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.  
Wink, wink, wink your eyes  
Wink your eyes together.  
Dance, dance, dance about,  
Dance about together.  
Shake, shake, shake your hands,  
Shake your hands together.  
Smile, smile at your friends,  
Let us smile together.*



*My hands!*

*Hands apart,  
My hands up, clap!  
Hands down,  
My hands on hips!  
Bend left!  
Bend right!  
Jump, go, fly, swim!*



# Rhymes

*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.*



*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.*



*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.*



# *If you are happy...*

*If you are happy and you know it clap your hands (2 times)*

*If you are happy and you know it  
And you really want to show it (2 times)*

*Clap you hands!*

- *Step your feet*
- *Wink one eye*
- *Touch your nose (head, ear, etc.)*
- *Shake your hands*
- *Jump so high*
- *Etc.*





*Are you tired now?*

**Good - bye!**

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