

*Физминутки
для уроков английского языка*

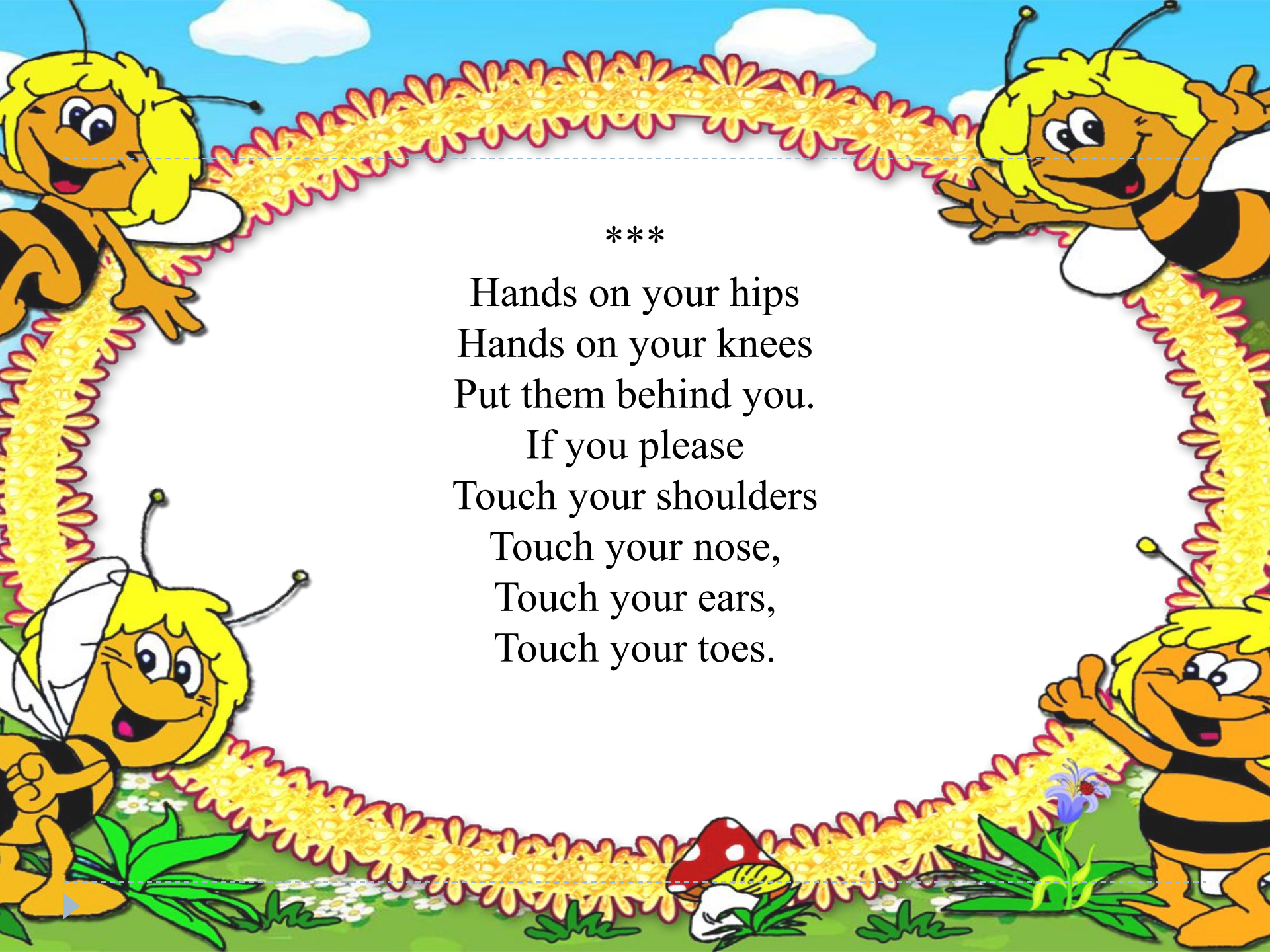
Учитель английского языка МОУ «СОШ №22» г.
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Hands up!
Hands down!
Hands on hips!
Sit down!
Hands up!
To the sides!
Bend left!
Bend right!
One, two, three! Hop!
One, two, three! Stop!
Stand still!



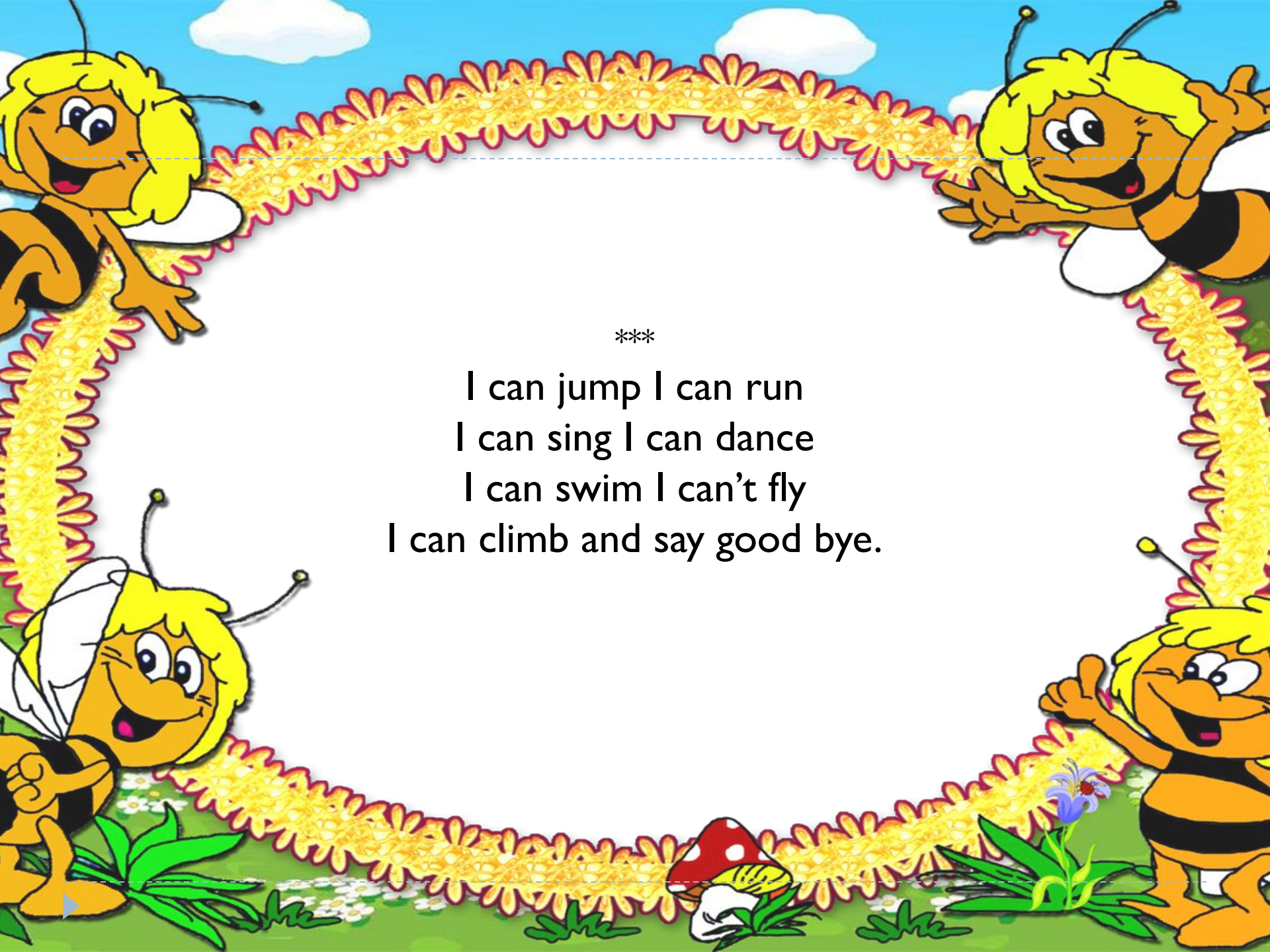
Stand up clap clap
Arms up clap clap
Step step arms down
Clap clap please sit down



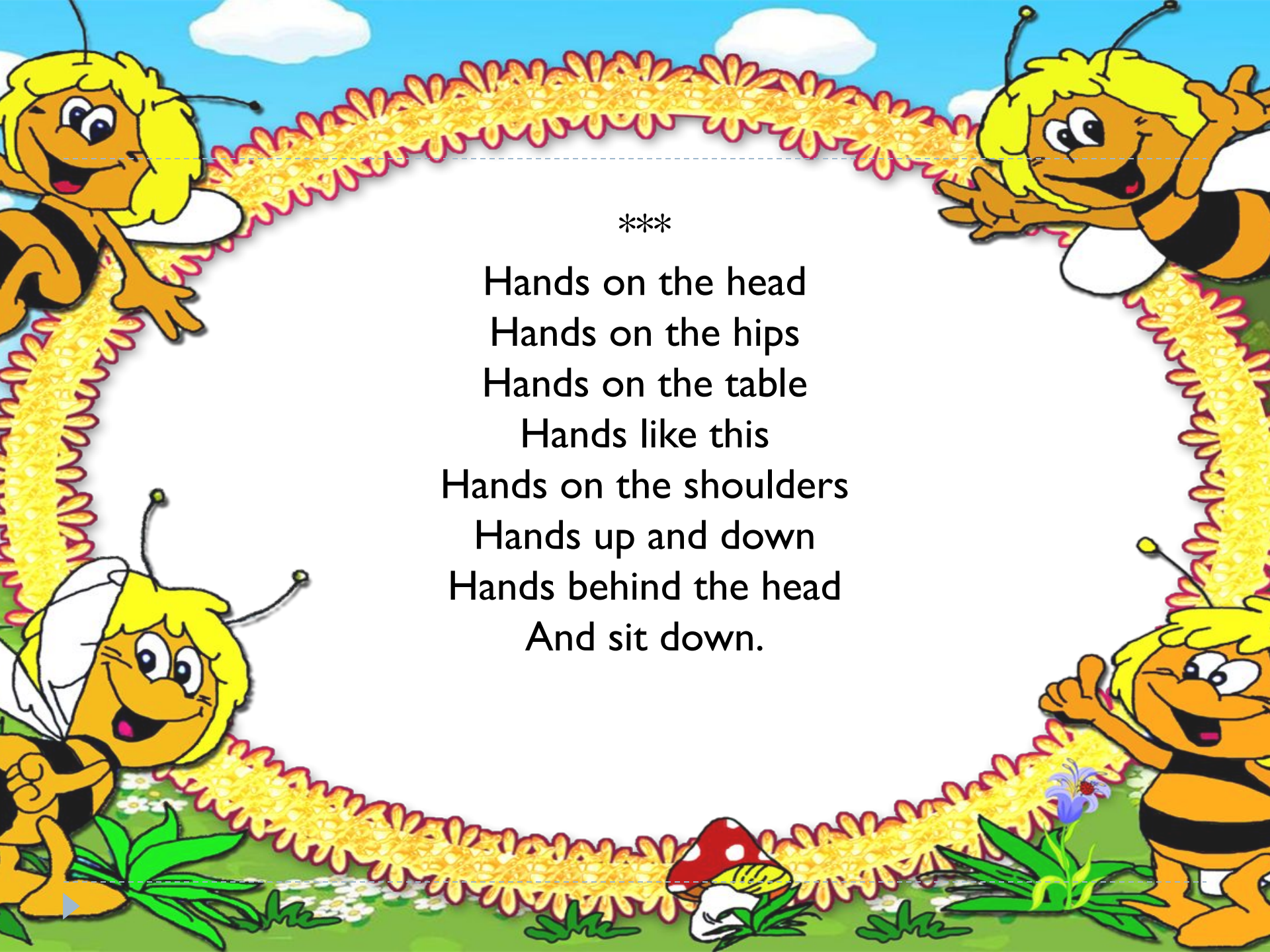
Hands on your hips
Hands on your knees
Put them behind you.
If you please
Touch your shoulders
Touch your nose,
Touch your ears,
Touch your toes.



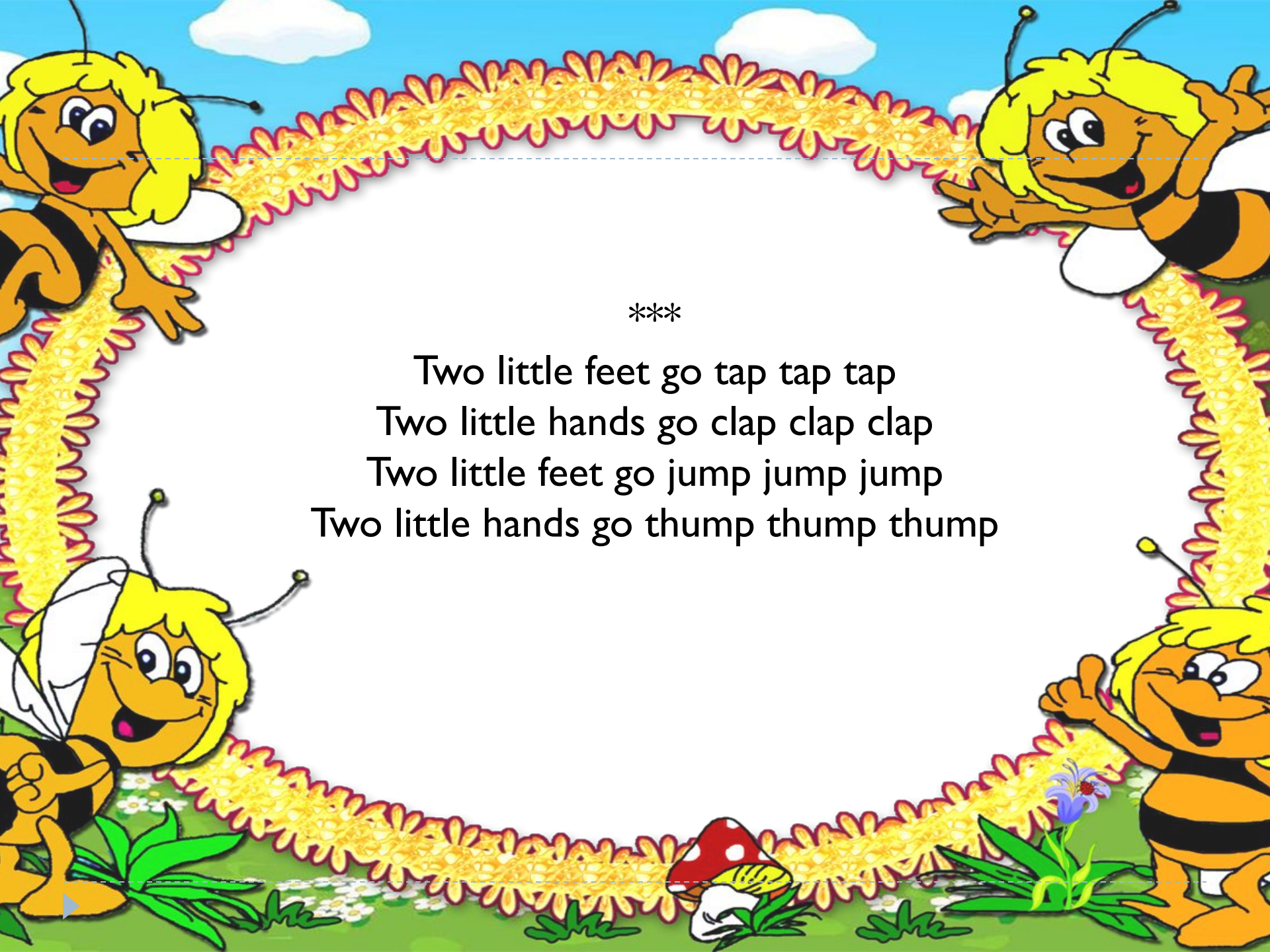
Hands up clap clap clap
Hands down shake shake shake
Hands on hip jump jump jump
Hop hop hop stop stand still
Good sit down please



I can jump I can run
I can sing I can dance
I can swim I can't fly
I can climb and say good bye.



Hands on the head
Hands on the hips
Hands on the table
Hands like this
Hands on the shoulders
Hands up and down
Hands behind the head
And sit down.



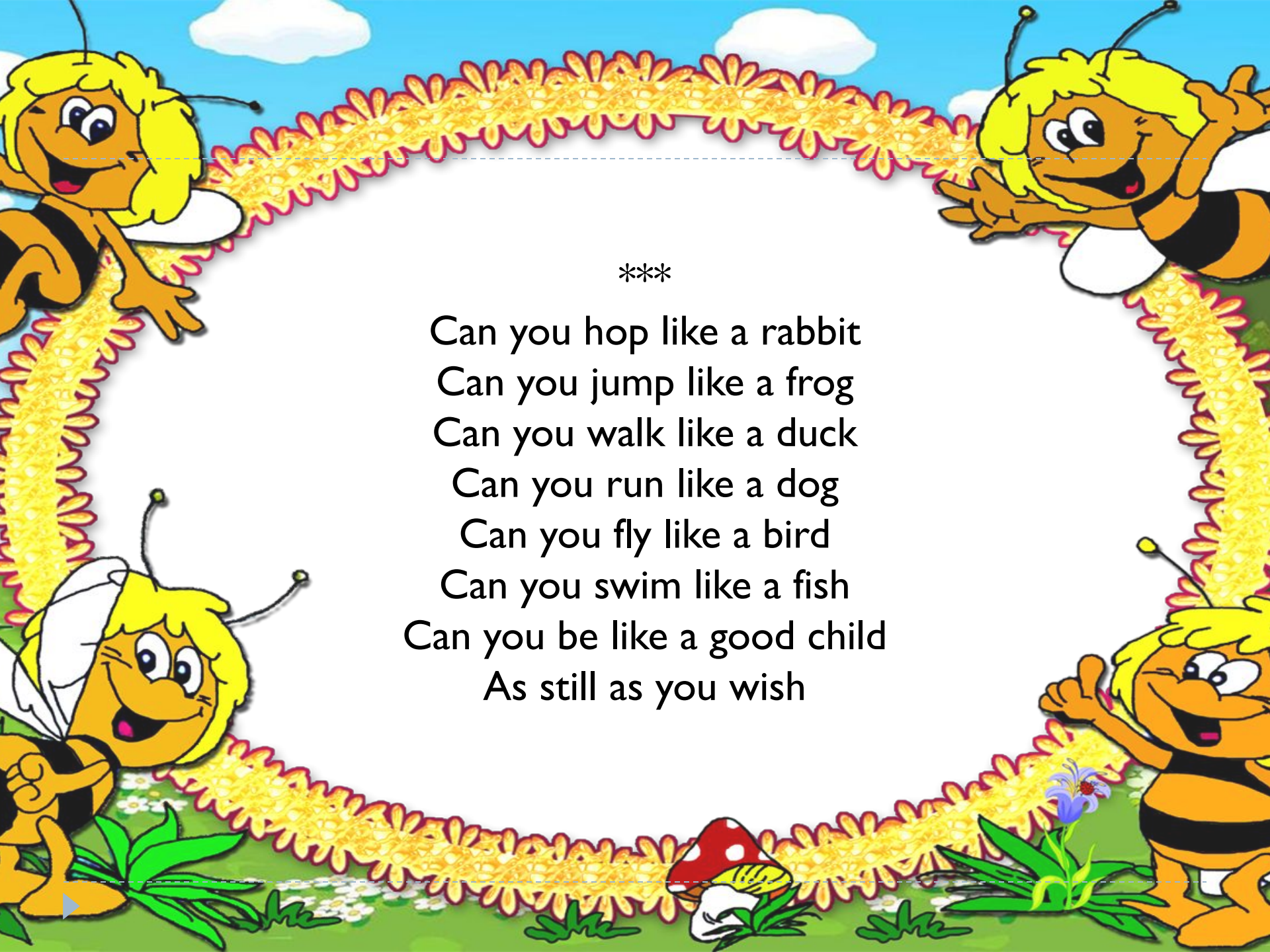
Two little feet go tap tap tap
Two little hands go clap clap clap
Two little feet go jump jump jump
Two little hands go thump thump thump



One one one little dog run
Two two two cats see you
Three three three birds in the tree
Four four four frogs on the floor.



Stand up and look around
Shake your head and turn around
Stamp your feet upon the ground
Clap your hands and than sit down.



Can you hop like a rabbit
Can you jump like a frog
Can you walk like a duck
Can you run like a dog
Can you fly like a bird
Can you swim like a fish
Can you be like a good child
As still as you wish



Stand up! Hands up!
Hands down! Sit down!
Stand up! Hands to the sides!
Bend left! Bend right!
1, 2, 3 - hop! 1, 2, 3 - stop!



THANKS