

ОКОУ «Курская школа»

# Уборка класса

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*инвентарь*

*принадлежности*

К Л А С С



# УБОРКА КЛАССА







**ДЛЯ ПРОТИРКИ  
СТОЛОВ, СТУЛЬЕВ, ШКАФОВ**



**САЛФЕТКА**



**ФАРТУК**



**ТАЗИК**

# План уборки класса

- 1. Надеть рабочую одежду**
- 2. Приготовить инвентарь**
- 3. Открыть форточку**
- 4. Вымыть доску**
- 5. Вытереть пыль**
- 6. Поднять стулья на парты**
- 7. Вымыть пол**
- 8. Почистить и убрать инвентарь**
- 9. Вымыть руки**

## Закончи предложение

- ▶ **Перед уборкой помещения наденьь ....**
- ▶ **Приготовьь ....**
- ▶ **Соблюдай план....**
- ▶ **После уборки инвентарь ...**
- ▶ **Вымой с мылом ... и нанеси ...**



# Физкультминутка

С физминуткой я дружу.  
Свою спину разогну.  
Руки кверху подниму,  
А потом их опущу,  
А потом попрыгаю,  
Раз, два, три.  
Ножками подрыгаю,  
Раз, два, три.  
Ручками похлопаю,  
Раз, два, три.  
Ножками потопаяю,  
Раз, два, три.  
Сяду я за партой стройно,  
Чтоб вести себя достойно.



# Практическая работа

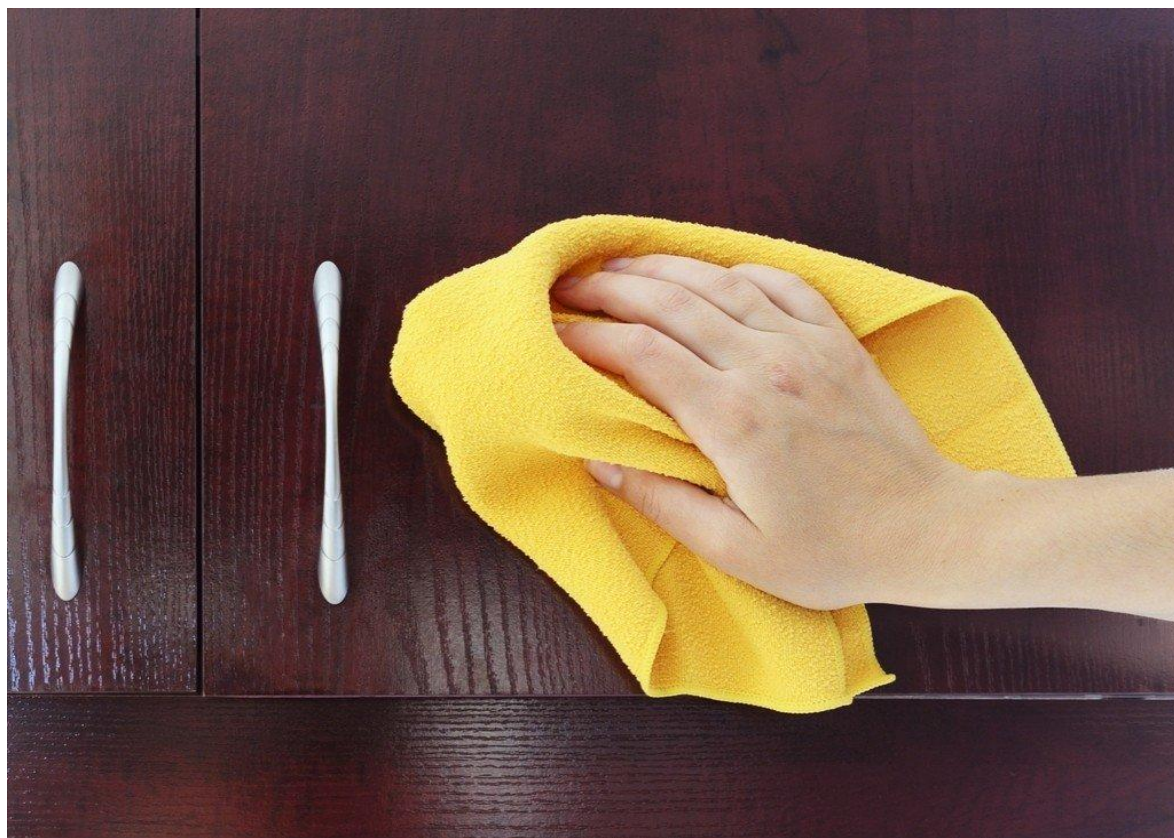
## ▶ Протирка столов, стульев





# Практическая работа

## ► Протирка шкафов



# ФИЗМИНУТКА

- ▶ Для начала мы с тобой крутим только головой (вращение головой).
- ▶ Корпусом вращаем тоже, это мы, конечно можем (повороты вправо, влево).
- ▶ Плечи выше поднимаем, а потом их опускаем (поднимать и опускать плечи).
- ▶ Мы колени поднимаем, шаг на месте выполняем (ходьба на месте).
- ▶ От души мы потянулись и на место вновь вернулись (потягивание).



**Спасибо за внимание!**



# Интернет источник

- ▶ <https://yandex.ru/search/?text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%B4%D0%BB%D1%8F%20%D1%83%D0%B1%D0%BE%D1%80%D0%BA%D0%B8%20%D0%BA%D0%BB%D0%B0%D1%81%D1%81%D0%B0&lr=8>
- ▶ <https://yandex.ru/search/?text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%B4%D0%BB%D1%8F%20%D1%83%D0%B1%D0%BE%D1%80%D0%BA%D0%B8%20%D0%BA%D0%BB%D0%B0%D1%81%D1%81%D0%B0&lr=8>
- ▶ [https://yandex.ru/images/search?pos=10&img\\_url=https%3A%2F%2Ftddomovoy.ru%2Fupload%2Fiblock%2F788%2F788654aede5fd81bef0f35a426828089.jpg&text=%D1%81%20%D1%82%D0%B0%D0%B7%D0%B8%D0%BA%D0%BE%D0%BC%20%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8&rpt=simage&lr=8&source=wiz&stype=image](https://yandex.ru/images/search?pos=10&img_url=https%3A%2F%2Ftddomovoy.ru%2Fupload%2Fiblock%2F788%2F788654aede5fd81bef0f35a426828089.jpg&text=%D1%81%20%D1%82%D0%B0%D0%B7%D0%B8%D0%BA%D0%BE%D0%BC%20%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8&rpt=simage&lr=8&source=wiz&stype=image)
- ▶ [https://yandex.ru/images/search?pos=15&img\\_url=https%3A%2F%2Fstatic.goods.ru%2Fmedias%2Fimages%2F1246%2F100022706579b0.jpg&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D1%82%D1%80%D1%8F%D0%BF%D0%BA%D0%B8%20%D0%B4%D0%BB%D1%8F%20%D0%BF%D1%8B%D0%BB%D0%B8&rpt=simage&lr=8](https://yandex.ru/images/search?pos=15&img_url=https%3A%2F%2Fstatic.goods.ru%2Fmedias%2Fimages%2F1246%2F100022706579b0.jpg&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D1%82%D1%80%D1%8F%D0%BF%D0%BA%D0%B8%20%D0%B4%D0%BB%D1%8F%20%D0%BF%D1%8B%D0%BB%D0%B8&rpt=simage&lr=8)
- ▶ [https://yandex.ru/images/search?pos=15&img\\_url=https%3A%2F%2Fteslacraft.org%2Fattachments%2Fnogn28-png.103142%2F&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%BD%D0%BE%D0%B6%D0%BD%D0%B8%D1%86%D1%8B&rpt=simage&lr=8&source=wiz&stype=image](https://yandex.ru/images/search?pos=15&img_url=https%3A%2F%2Fteslacraft.org%2Fattachments%2Fnogn28-png.103142%2F&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%BD%D0%BE%D0%B6%D0%BD%D0%B8%D1%86%D1%8B&rpt=simage&lr=8&source=wiz&stype=image)
- ▶ <https://yandex.ru/search/?text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D1%81%D0%BE%D0%B2%D0%BE%D0%BA&lr=8&clid=2233626>
- ▶ <https://yandex.ru/search/?text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%B2%D0%B5%D0%BD%D0%B8%D0%BA&lr=8&clid=2233626>
- ▶ [https://yandex.ru/images/search?pos=25&img\\_url=https%3A%2F%2Fp4.tabor.ru%2Ffeed%2F2016-12-20%2F7274632%2F274860\\_760x500.jpg&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%B2%D0%B5%D0%BD%D0%B8%D0%BA&rpt=simage&lr=8&source=wiz&stype=image](https://yandex.ru/images/search?pos=25&img_url=https%3A%2F%2Fp4.tabor.ru%2Ffeed%2F2016-12-20%2F7274632%2F274860_760x500.jpg&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%B2%D0%B5%D0%BD%D0%B8%D0%BA&rpt=simage&lr=8&source=wiz&stype=image)

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- ▶ [https://yandex.ru/images/search?p=2&source=wiz&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D1%84%D0%B8%D0%B7%D0%BC%D0%B8%D0%BD%D1%83%D1%82%D0%BA%D0%B0%20%D0%B4%D0%BB%D1%8F%20%D0%B4%D0%B5%D1%82%D0%B5%D0%B9&pos=83&rpt=simage&img\\_url=https%3A%2F%2Ffs00.infourok.ru%2Fimages%2Fdoc%2F103%2F122260%2Fimg13.jpg&lr=8&stypе=image](https://yandex.ru/images/search?p=2&source=wiz&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D1%84%D0%B8%D0%B7%D0%BC%D0%B8%D0%BD%D1%83%D1%82%D0%BA%D0%B0%20%D0%B4%D0%BB%D1%8F%20%D0%B4%D0%B5%D1%82%D0%B5%D0%B9&pos=83&rpt=simage&img_url=https%3A%2F%2Ffs00.infourok.ru%2Fimages%2Fdoc%2F103%2F122260%2Fimg13.jpg&lr=8&stypе=image)
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- ▶ [https://yandex.ru/images/search?p=1&source=wiz&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%9F%D1%80%D0%BE%D1%82%D0%B8%D1%80%D0%BA%D0%B0%20%D1%88%D0%BA%D0%B0%D1%84%D0%BE%D0%B2&pos=55&rpt=simage&img\\_url=https%3A%2F%2Fthumbs.dreamstime.com%2Fz%2Fwipes-%25D0%25B4%25D0%25B5%25D0%25B2%25D1%2583%25D1%2588%25D0%25BA%25D0%25B8-%25D0%25BA%25D0%25BE%25D1%2580%25D0%25BE%25D0%25B1%25D0%25BA%25D0%25B8-14611048.jpg&lr=8&stypе=image](https://yandex.ru/images/search?p=1&source=wiz&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%9F%D1%80%D0%BE%D1%82%D0%B8%D1%80%D0%BA%D0%B0%20%D1%88%D0%BA%D0%B0%D1%84%D0%BE%D0%B2&pos=55&rpt=simage&img_url=https%3A%2F%2Fthumbs.dreamstime.com%2Fz%2Fwipes-%25D0%25B4%25D0%25B5%25D0%25B2%25D1%2583%25D1%2588%25D0%25BA%25D0%25B8-%25D0%25BA%25D0%25BE%25D1%2580%25D0%25BE%25D0%25B1%25D0%25BA%25D0%25B8-14611048.jpg&lr=8&stypе=image)
- ▶ [https://yandex.ru/images/search?p=3&source=wiz&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%BF%D1%80%D0%BE%D1%82%D0%B8%D1%80%D0%BA%D0%B8%20%D1%81%D1%82%D0%BE%D0%BB%D0%BE%D0%B2%2C%20%D1%81%D1%82%D1%83%D0%BB%D1%8C%D0%B5%D0%B2&pos=127&rpt=simage&img\\_url=https%3A%2F%2Favatars.mds.yandex.net%2Fget-pdb%2F234183%2Ffeef739b1-3b15-44c2-8c1a-092e6ffec785%2Fs1200&lr=8&stypе=image](https://yandex.ru/images/search?p=3&source=wiz&text=%D0%BA%D0%B0%D1%80%D1%82%D0%B8%D0%BD%D0%BA%D0%B8%20%D0%BF%D1%80%D0%BE%D1%82%D0%B8%D1%80%D0%BA%D0%B8%20%D1%81%D1%82%D0%BE%D0%BB%D0%BE%D0%B2%2C%20%D1%81%D1%82%D1%83%D0%BB%D1%8C%D0%B5%D0%B2&pos=127&rpt=simage&img_url=https%3A%2F%2Favatars.mds.yandex.net%2Fget-pdb%2F234183%2Ffeef739b1-3b15-44c2-8c1a-092e6ffec785%2Fs1200&lr=8&stypе=image)
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