

Физминутки на уроках английского языка

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

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**Попробуйте вместе с нами
отдохнуть на уроках
английского языка.**

You are welcome!



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.



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 knee.
Teddy Bear, Teddy Bear, sit down please*



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)

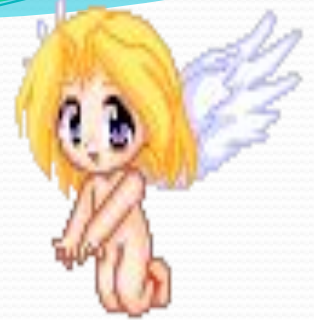
Left hand, (Show the left palm)

Right hand, (Show the right palm)

Turn around, turn around.



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!



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.



My hands!

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



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.



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!*



Action game

- Pick up, put down, stand up, turn round,
- Clap left, clap right, clap up, clap down,
- Look left, look right, look up, look down,
- Turn round, sit down, touch something...brown!
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- Point to your teacher, point to the door,
- Look at the window, look at the floor,
- Stand on your left leg, stand on your right,
- Now sit down, touch something... white!
-
- Put up your hands and touch your toes,
- Cross your fingers, hold your nose,
- Bend your knees and shake your head,
- Stamp your feet, touch something...red.
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Are you tired now?



● *Thank you!*

● *Good - bye!*



Желаю всем здоровья и творческих успехов!

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Литература:

Веселые грамматические
рифмовки. Автор: Фурсенко С.В.

