



CLAP and STEP

Физкультминутки
на уроках
английского языка



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им. Ф.И.Фоменко
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Составитель Е.Н.Овсиенко
учитель первой категории, руководитель школьного методического объединения
учителей гуманитарного цикла МБОУ СОШ №13 им. Ф.И.Фоменко станицы
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Предисловие

Пособие предназначено для учителей английского языка учреждений общего среднего образования. Содержит рифмовки, стихотворения и песни на английском языке, подобранные для проведения физкультминуток во время уроков. Проговаривая тексты, учащиеся изучают новые слова и словосочетания (названия движений и действий), закрепляют употребление грамматических конструкций.

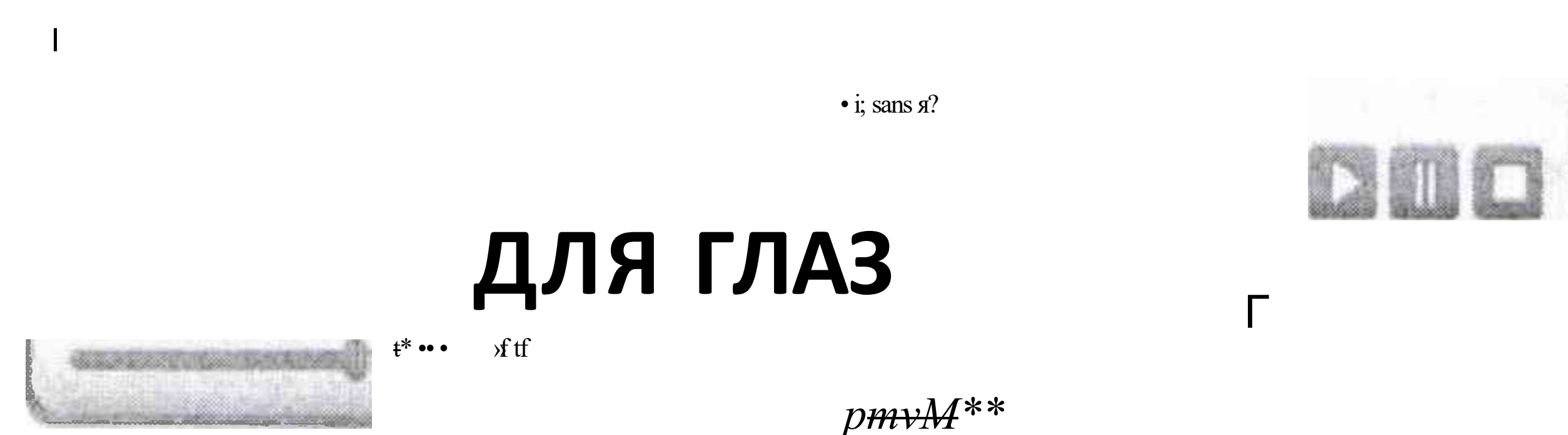
Введение

Изучение английского языка требует значительного умственного напряжения учащихся, что неизменно приводит к быстрому утомлению и рассеиванию внимания. Статическая нагрузка, которую испытывает ребенок во время занятий, тяжела для детского организма. Поэтому при первых признаках утомления учащихся необходимо проводить физкультминутки. Они не только способствуют повышению работоспособности, обеспечивают активное дыхание, усиливают кровообращение, снимают усталость, вызванную продолжительным сидением за партой, но и одновременно позволяют повторить изученный языковой материал. Для проведения физкультминуток можно использовать рифмовки, песни, стихотворения, произнося которые учащиеся запоминают новые слова, словосочетания (названия движений и действий, выполняемых во время физкультминуток), закрепляют отдельные формы глаголов.

В зависимости от воздействия на организм физкультминутки можно классифицировать:

- физкультминутки для глаз;
- физкультминутки для рук;
- физкультминутки для ног;
- общая разминка.

Учитель должен помнить, что при хоровом проговаривании тексты физкультминуток следует произносить четко, но не громко, чтобы не вызвать перевозбуждения и еще большей усталости, а языковой материал необходимо подбирать с учетом знаний детей, постепенно усложняя его в течение года.



Задача: развитие речевого аппарата, творческой активности; снятие напряжения и усталости глаз.

FUNNY FACE

Paint your hair and paint your nose, Show me, show me.

Paint your hair and paint your nose, Show me a funny face, Funny hair, funny face, I have a funny face.

Paint your eyes and paint your mouth, Show me, show me.

Paint your eyes and paint your mouth, Show me a funny face!

Funny eyes, Funny mouth, Funny Face.

BLIND, BLIND MAN!

Blind man, blind man!

Sure you can't see?

Turn round three times And try to catch me! Turn East, turn West, Catch as you can. Did you think you caught me?

TWO LITTLE EYES

Two little eyes to look around.

Two little ears to hear each sound. One little nose to smell what's sweet. One little mouth that likes to eat.

Brother Left and Right his brother Hardly ever see each other.

Mirror is the only place

Where they're coming face to face.

I CAN SEE

Clap your hands together — One, two, three.

Turn around quickly.

What can you see?

I can see the window.

I can see the door.

I can see the table.

I can see the floor.

I CAN SEE

I can see, I can see Two legs across the sea.

I can see, I can see Two arms across the sea.

I can see, I can see Ten toes across the sea.

I can see, I can see Ten fingers across the sea.

I can see, I can see One head across the sea.

Oh, no! It's a pirate! Help!

Look left, right,

Look up, look down, Look around.

Look at your nose, Look at that rose, Close your eyes.

Open, wink and smile.

Your eyes are happy again.

ФИЗКУЛЬТМИНУТКИ ДЛЯ РУК

Задача: развитие речевого аппарата, творческой активности; снятие напряжения и усталости рук.

MY HANDS UPON MY HEAD

My hands upon my head I place, On my shoulders, on my face.
Then I put them in front of me, And gently clap: one, two, three!

A RHYME FOR WASHING HANDS

Wash, hands, wash, Daddy's gone to plough Splash, hands, splash, They're all washed now!

PUT YOUR HANDS ON YOUR HEAD

Put your hands on your head, One, two, three.

Put your hands on your head,

A, B, C.

One, two, three, A, B, C.

Put your hands on your head, Sing with me.

Put your fingers on your arms, One, two, three.

Put your fingers on your arms,

A, B, C.

One, two, three, A, B, C.

Put your fingers on your arms, Sing with me.

Put your pencil on your shoulder, One, two, three.

Put your pencil on your shoulder,

A, B, C.

One, two, three, A, B, C.

Put your pencil on your shoulder, Sing with me.

ONE, TWO, THREE

One, two, three — clap your hands, Up! — Stretch arms up.

Four, five, six — clap your hands, Down! — Stretch arms down.

HANDS UP

Hands up, Hands down, Hands on the hips, Sit down.

Stand up, Hands to the sides, Bend to the left, Bend to the right. Hands on the hips, One, two, three — hop! One, two, three — stop!

MY HANDS

Here's my left hand And here's my right.

I can clap them With all my mind!

POINT

Point the window, Point the door, Point the table, Point the floor.

I HAVE GOTTEN FINGERS

I have got ten fingers, I have got ten fingers, I have got two ears, Two eyes, one nose.

Tommy Thumb, where are you?

Here I am, here I am. How do you do (*дети показывают большой палец*)?

Peter Pointer, where are you?

Here I am, here I am. How do you do (*показывают указательный палец*)?

Tobby Tail, where are you?

Here I am, here I am. How do you do (*показывают средний палец*)?

Rubby Ring, where are you?

Here I am, here I am. How do you do (*показывают безымянный палец*)?

Baby Small, where are you?

Here I am, here I am. How do you do (*показывают мизинец*)?

TOUCH

Touch your shoulder, Touch your knee, Raise your arms, Then drop them, please! Touch your ankles, Pull your ears, Then touch your nose, With your toes go. Tap, tap, tap Now your fingers, Snap, snap, snap!

YOU TAKE YOUR LITTLE HANDS

You take your little hands and go, Clap, clap, clap!

You take your little hands and go, Clap, clap, clap!

You take your little hands and go, Clap, clap, clap!

Clap, clap, clap your hands!

You take your little toes and go, Tap, tap, tap!

You take your little toes and go, Tap, tap, tap!

You take your little toes and go, Tap, tap, tap!

Tap, tap, tap your toes!

You take your little eyes and go, Blink, blink, blink!

You take your little eyes and go, Blink, blink, blink!

You take your little eyes and go, Blink, blink, blink!

Blink, blink, blink your eyes!

You take your little lips and go, Kiss, kiss, kiss!

You take your little lips and go, Kiss, kiss, kiss!

You take your little lips and go, Kiss, kiss, kiss!

Kiss your dear Mum and Dad!

ONE, TWO

One, two, touch the blue. Three, four, point the door. Five, six, stamp your feet. Seven, eight, touch your face. Nine, ten, start again!

ALOUETTE

Alouette, little Alouette, Play the game with me: Put your finger on your head, Put your finger on your head, On your head, on your head, Don't forget, Alouette! Oh! Alouette, little Alouette, Play the game with me: Put your finger on your nose, Put your finger on your nose, On your nose, on your nose, On your head, on your head, Don't forget, Alouette! Oh!

Alouette, little Alouette, Play the game with me: Put your finger on your mouth, Put your finger on your mouth, On your mouth, on your mouth, On your nose, on your nose, On

your head, on your head, Don't forget, Alouette! Oh!

* * *

It's raining, it's pouring (*движения пальчиками, имитирующие стук дождя*).

The old man is snoring (*сложить руки за головой, изобразив подушку*).

He went to bed (*ладошки под щекой, как будто спит*)

And bumped his head (*дотронуться ладошкой до головы*)

And couldn't get up in the morning (*покачать головой, изображая сожаление*).

This is a nest for Mr. Bluebird (*сложить ладошки чашечкой, изображая гнездо*),

This is a hive for Mrs. Bee (*сложить кулачки вместе, изображая улей*),

This is a hole for funny rabbit (*соединить кончики пальцев обеих рук, изображая вход в норку кролика*),

And this is a house for me (*сложить руки домиком над головой*).

Hands on the head

(*ученики кладут руки на голову*),

Hands on the hips (*руки на поясе*),

Hands on the table

(*ученики кладут руки на стол*),

Hands like this (*выполняется любое движение руками*).

Hands on the shoulders (*руки к плечам*),

Hands up and down

(*руки вверх — вниз*),

Hands behind the head And sit down (*ученики отводят руки за голову и садятся*)



Задача: развитие речевого аппарата, творческой активности; снятие напряжения и усталости ног.

COUNT AND JUMP

Count with me one, two, Jump with me!
 Count with me three, four, Jump with me!
 Count with me five, six, Jump with me!
 Count with me seven, eight, Jump with me!
 Count with me nine, ten, Jump with me!

MY NEW SHOES

Hop, hop, I can hop, I can hop in my new shoes! Red, black, orange and blue, Look at my new shoes!

Run, run, I can run, I can run in my new shoes! Red, black, orange and blue, Look at my new shoes!

Jump, jump, I can jump, I can jump in my new shoes! Red, black, orange and blue, Look at my new shoes!

Dance, dance, I can dance, I can dance in my new shoes! Red, black, orange and blue, I can dance in my new shoes!

I can hop like a rabbit (*дети прыгают, как кролик*). I can jump like a frog (*прыгают, как лягушка*).

I can fly like a bird (*машут руками, как птичка крыльями*).

I can run like a fox (*бегают, как лисичка*).

I can walk like a duck (*ходят, как уточка*).

I can swim like a fish (*"плавают", как рыбка*). And be still as good children —
 As still as this (*сидят красиво за парты*).

HANDSAND LEGS

Right hand, Left hand, Clap together! Right leg, Left leg, Stamp together!

* * *

You put your right foot in, You put your right foot out, You put your right foot in, And you shake it all about; You do the hokey-pokey, And you turn yourself around; That is what it is all about.

RED GUITAR

I can play my red guitar, I can play my red guitar, I can play my red guitar. Dance, Co-Co, dance!

I can play my little drum, I can play my little drum, I can play my little drum. Dance, Co-Co, dance!

I can clap and I can sing, I can clap and I can sing, I can clap and I can sing. Dance, Co-Co, dance!



ОБЩАЯ РАЗМИНКА

DOD

Задача: развитие речевого аппарата, творческой активности; снятие напряжения и общей усталости.

BRUSH YOUR HAIR

Brush, brush, brush your hair and say This is a happy day!
Clap, clap, clap your hands and say This is a happy day!
Stamp, stamp, stamp your feet and say This is a happy day.
Brush your hair, Clap your hands, Stamp your feet.

STAND UP!

Stand up! Stand up! Hold your pencil please!
Sit down! Sit down!
And put your pencil down!
Stand up! Stand up! Hold your crayon please!
Sit down! Sit down! And put your crayon (*book, rubber...*) down!

LOOK AT ME

Look at me —
I can climb the tree.
Look at me, Look at me.
Look at him — He can swim. Look at him, Look at him.
Look at her — She can run. Look at her, Look at her.
Look at me, Look at me.

LET'S PLAY

Let's play, Let's play Follow the leader. Let's go!
Touch your toes, Wave your arms, Hop and skip And now sit down!
Click your fingers, Stamp your feet, Hop and skip And now sit down!
Clap your hands And turn around, Hop and skip And now sit down!
It's fun to be this, It's fun to be that: To leap like a lamb, To climb like a cat, To swim like a fish, To hop like a frog, To trot like a horse, To jump like a dog.

ONE, TWO, THREE, FOUR

One, two, three, four, Point the door
And turn around.
One, two, three, four, Point the window And touch the ground!

I AM A LITTLE TEA-POT

I am a little tea-pot, Short and stout. Here is my handle, Here is my spout
When the tea is ready, Give me a shout
Then tip me up And pour me out!

ONE, ONE, ONE

One, one, one, Little Jim run!

Two, two, two, Run after Sue!

Three, three, three And then after me!

DO EVERYTHING TOGETHER

Clap, clap, clap your hands, Clap your hands together. Clap, clap, clap your hands, Clap your hands together. Sing, sing, sing a song, Sing a song together. Sing, sing, sing a song, Sing a song together.

Wink, wink, wink your eyes, Wink your eyes together. Wink, wink, wink your eyes, Wink your eyes together.

Dance, dance, dance a dance, Dance a dance together.

Dance, dance, dance a dance, Dance a dance together.

Spin, spin, spin around, Spin around together. Spin, spin, spin around, Spin around together.

Ride, ride, ride your bikes, Ride your bikes together. Ride, ride, ride your bikes, Ride your bikes together.

Wash, wash, wash your face, Wash your face together.

Wash, wash, wash your face, Wash your face together.

March, march, march, march to bed, March to bed together.

March, march, march, march to bed, March to bed together.

Shine, shine, shine your shoes, Shine your shoes together.

Shine, shine, shine your shoes, Shine your shoes together.

Your head is a ball.

Roll your ball.

Hop on the right (*left*) foot.

Raise your hands.

Hands down.

Bend right (*left*).

Jump however you want.

You are in the forest.

Pick up flowers and berries.

You can see the high mountain. Can you climb it?

IF YOU ARE HAPPY...

If you are happy and you know it Clap your hands.

If you are happy and you know it Clap your hands.

If you are happy and you know it And you really want to show it, If you are happy and you know it, Clap your hands!

If you are happy and you know it Snap your fingers.

If you are happy and you know it Snap your fingers.

If you are happy and you know it And you really want to show it, If you are happy and you know it, Snap your fingers!

If you are happy and you know it Nod your head.

If you are happy and you know it Nod your head.

If you are happy and you know it And you really want to show it, If you are happy and you know it, Nod your head!

If you are happy and you know it, Stamp your feet.

If you are happy and you know it, Stamp your feet.
 If you are happy and you know it, And you really want to show it, If you are happy and
 you know it, Stamp your feet!
 If you are happy and you know it, Click your tongue.
 If you are happy and you know it, Click your tongue.
 If you are happy and you know it, And you really want to show it, If you are happy and
 you know it, Click your tongue!
 If you are happy and you know it, Say OK.
 If you are happy and you know it, Say OK.
 If you are happy and you know it, And you really want to show it, If you are happy and
 you know it, Say OK!
 If you are happy and you know it, Do all six.
 If you are happy and you know it, Do all six.
 If you are happy and you know it, And you really want to show it, If you are happy and
 you know it, Do all six!

HEAD AND SHOULDERS

Head and shoulders, knees and toes, Knees and toes.
 Head and shoulders, knees and toes, Knees and toes.
 Eyes and ears, mouth and nose.
 Head and shoulders, knees and toes.
 Knees and toes.
 Hands on your hips,
 Hands on your knees, Put them behind you, If you please.
 I put my hands upon my hips,
 I turn myself around,
 I raise my hands upon my head And then I touch the ground.
 Then I put them in front of me Arms and legs, feet and hands, Feet and hands.
 Arms and legs, feet and hands, Feet and hands.
 Eyes and ears, mouth and nose.
 Arms and legs, feet and hands.
 Feet and hands.
 Touch your shoulders,
 Touch your nose, Touch your ears, Touch your toes.
 My hands upon my head 1 place, On my shoulders, on my face. Then 1 raise them up
 on high And make my fingers quickly fly. And gently clap: one, two, three.

1 can show you my face *(обводим пальцем несколько раз вокруг лица)*
 Where everything is on its place. With my nose 1 can smell *(нюхаем)*
 Many objects very well *(показываем на предметы вокруг себя).*
 With my eyes 1 look around *(прикладываем ладонь ко лбу козырьком и*
всматриваемся вдаль),
 Watch my feet and stamp the ground *(смотрим, как топаят наши ноги).*
 With my ear 1 can hear *(прикладываем ладонь к уху и прислушиваемся, что делает*
наш сосед по парте)
 What my friend is doing near.
 With my mouth 1 can eat *(делаем движения, как будто едим ложкой суп)*
 Everything that's very sweet *(довольно улыбаемся и гладим рукой по животу, как*

будто съели что-то вкусное).

Stand up! Stand straight!
Hands up! Hands down!
Hands to the sides!
Hands forward! Hands backward!
Hands on your hips!
Turn to the left! Turn to the right!
Bend to the left! Bend to the right!
Bend down, your hands touching your toes.
Hands up! Grow as tall as a tall tree! Nod your head!
Turn your head to the left, to the right!
Stretch yourselves! Move your fingers!

CAN YOU?

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

STOP! LOOK!

Trams and cars in your town, Run up and down, Up and down!
Stop! Look at the lights!
First look to the left, And then to the right!

I CAN PLAY THE PIANO

I can play the piano,
Piano, piano,
I can play the piano, And you can play with me!
I can sing and I can dance, Sing and dance, sing and dance, I can sing and I can dance,
And you can dance with me!
Stand up! Clap! Clap!
Arms up! Clap! Clap!
Step! Step! Arms down!
Clap! Clap! Please, sit down!
* * *

Hands up! Hands down!
Shake! Shake!
Stand up! On the tiptoes Turn around. Step aside, Step left! Step right!
Hands up! Hands down!
Hands on your hips! Sit down!
Hands up! To the sides!
Bend left! Bend right!
One, two, three... Hop!
One, two, three... Stop!
Stand still!
Thank you, girls! Sit down!
Thank you, boys! Sit down!

Заключение

В заключение нужно сказать, что эмоциональный настрой учителя, его тон играют большую роль в снятии напряжения на уроке, в организации всего учебного процесса.

Оглавление

1.	Предисловие	стр. 3
2.	Введение	стр. 4
3.	Физкультминутки для глаз	стр. 5-6
4.	Физкультминутки для рук	стр. 7-9
5.	Физкультминутки для ног	стр. 10-11
6.	Общая разминка	стр. 12-15
7.	Заключение	стр. 16
8.	Оглавление	стр. 17
9.	Список литературы	стр. 18

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