



Физкультминутки на уроке английского языка

На уроках английского языка, как впрочем, и на любом уроке необходимо проведение физкультминуток. Это не только разнообразит урок, но и принесет большую пользу. Во-первых - дети переключаются с одной деятельности на другую, во-вторых - необходим небольшой отдых. Чем интересней он будет проведен, тем эффективней будет дальнейшая работа. Во время сбора информации учитель сталкивается с такой проблемой: материал разрозненный, в разных источниках и подан в небольших количествах.

При проведении физминуток на уроке преследуется цель не только научиться правильно произносить английские слова, но и снять напряженность, усталость, накопленную в течение урока. Каждое четверостишие сопровождается каким-либо действием. В результате дети легче запоминают лексику, работают с хорошим настроением, активны, с удовольствием выполняют задания. В представленных материалах собраны песенки и стихи из разных источников, от интернета до различных журналов и книг.

Физкультминутки можно классифицировать следующим образом:

- 1. Физкультминутки для глаз*
- 2. Физкультминутки для рук, для кистей рук*
- 3. Физкультминутки для ног*
- 4. Общая разминка*



1. ФИЗКУЛЬТМИНУТКИ ДЛЯ ГЛАЗ

*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

A Song From a Game

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

Blind, blind man!

(Eyes)

Brother Left and Right his brother
Hardly ever see each other
Mirror is the only place
Where they `re coming face to face.

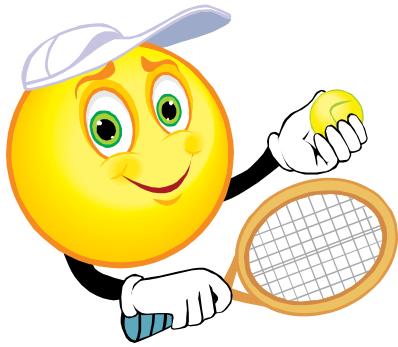
I can see

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 pirate! Help !



2. Физкультминутки для рук, для кистей рук

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

Put your hands on your head

Put your hands on your head

One,two, tree

Put your hands on your head

A,B,C

Put your hands on your head

One,two,tree,A,B,C

Sing with me

Put your fingers on your arm

One,two,tree

Put your fingers on your arm

A,B,C

Put your fingers on your arms

One,two,tree A,B,C

Sing with me

Put your pencil on your shoulder

One,two,three

Put your pencil on your shoulder

A,B.C

Put your pencil on your shoulder

One,two,three A,B,C

Put your pencil on your shoulder

Sing with me

Point

Point the window
Point the door
Point the table
Point the floor

Hands up

Hands up
Hands down
Hands on hips
Sit down
Stand up
Hands to sides
Bend left
Bend right
Hands on hips
One, two, three – hop!
One, two, three – stop!

1,2,3

1,2,3-Clap your hands
Up!-Stretch arms up
4,5,6-Clap your hands
Down! Stretch arms down

My Hands

Here`s my left hand
And here`s my right
I can clap them
With all my mind!

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!

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!

I Have Got Ten Fingers

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

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!

Tommy Thumb

(Тренируем пальчики рук)

Where are you? (Show your thumb)

Here I am, here I am

How do you do?

Peter Pointer (index finger)

Where are you?

Tobby Tall (middle finger)

Where are you?

Rubby Ring (ring finger)

Where are you?

Baby Small (little finger)

Where are you?



3. ФИЗКУЛЬТМИНУТКИ ДЛЯ НОГ

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

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!

Hands and Legs

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

Count And Jump

Count with me 1, 2,
Jump with me!
Count with me 3, 4,
Jump with me!
Count with me 5, 6,
Jump with me!
Count with me 7, 8,
Jump with me!
Count with me 9, 10,
Jump with me!

Red Guitar

I can play my red guitar (3 times)
Dance, Co-Co, dance!

I can play my little drum (3 times)
Dance, Co-Co, dance!

I can clap and I can sing (3 times)
Dance, Co-Co, dance!



4. Общая разминка

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

Brush Your Hair

Brush (3 times) your hair and say
This is a happy day!
Clap (3 times) your hands and say
This is a happy day!
Stamp (3 times) your feet and say
This is a happy day
Brush your hair
Clap your hands
Stamp your feet

Boys and Girls

Boys hands up!
Boys hands down!
Boys and girls
Turn around!

Girls hands up!
Girls hands down!
Girls and boys
Turn around!

1,2,3,4
Stand up!
4,5,6,
Sit down!

1,2,3,4

1,2,3,4,
Point the door
And turn around

1,2,3,4
Point the window
And touch the ground!

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 down! (book, rubber...)

Look at Me

Look at me
I can climb the tree
Look at me (2 times)

Look at him
He can swim
Look at him (2 times)

Look at her
She can run
Look at her (2 times)

Look at me (repeat)

One, One, One

One, one, one
Little Jim run!
Two, two, two
Run after Sue!
Three, three, three
And then after me!

Stop! Look!

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

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?

Let`s Play (song)

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!

I Am a Little Tea-pot (song)

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!

Литература: С. Х Гомза - «Веселый Алфавит», А.П. Бурлакова - «Занимательный Алфавит», В. Скультэ - «Английский язык для детей», Т.Б. Клементьева - «Счастливый Английский», Л.Л. Лыкова - «Обучение английскому языку» и др.