**Подбор физкультминуток для учащихся начальной школы для уроков английского языка**

Пашнина Л.А., учитель английского языка,

МБОУ «Лицей № 120 г. Челябинска»

Физкультминутки на уроках английского языка являются не только средством развлечения детей, дающим возможность отдохнуть, но и отличным способом введения, отработки и закрепления лексики. Особенно популярны среди детей музыкально-танцевальные физкультминутки.

Ниже я постаралась разбить физкультминутки по темам. Некоторые из них могут быть отнесены сразу в несколько разделов изучаемой лексики.

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| **Лексика, отрабатываемая в процессе физкультминутки** | Содержание |
| Части тела | 1. Hands up, hands down,  Hands on hips, turn around.  Hands up, hands down,  Hands on hips, sit down.  Stand up, hands to the sides.  Bend left, bend right.  Stand still, sit down. |
|  | 2.Clap your hands Clap your hands ― one, two, three Rub your hands ― one, two, three. Rub your hands just like me. Clap your hands just like me. Tap your knees ― one, two, three. Roll your hands ― one, two, three. Tap your knees just like me. Roll your hands just like me. Shake your hips ― one, two, three. Shake your hands ― one, two, three. Shake your hips just like me. Shake your hands just like me. Stamp your feet ― one, two, three. Stamp your feet just like me. |
|  | 3.Hands up! Clap, clap.  Hands on the hips! Step, step!  Bend your left,  Bend your right,  Turn yourself around.  Hands up! Hands down!  Hands at sides and sit down! |
|  | 4. I’ve got a body, (*показать руками*) A very busy body (*потянуться*) And it goes everywhere with me. (*шагаем*) And on that body I’ve got some hands (*трясем руками*) And I clap, clap here Clap, clap there Clap, clap, clap, clap everywhere. And on that body I’ve got some feet And I stamp, stamp here Stamp, stamp there Stamp, stamp, stamp, stamp everywhere. |
|  | 5. Show me your shoulders,*(руки на плечи)*  Show me your neck,*(руки на шею)*  Clap, clap your hands *(хлопаем в ладоши)*  And show me your back. *(поворачиваемся спиной, и снова разворачиваемся)*  Show me your *head*, *(руки на голову)*  Show me your neck,  Clap, clap your hands  And show me your back. |
|  | 6. Hands on shoulders, *(ладони на плечи)*  Hands on knees.*(ладони на колени)*  Hands behind you,*(руки за спину)*  if you please;  Touch your shoulders,*(снова ладони на плечи)*  Now your nose, *(пальцем дотронуться до носа)*  Now your hair and now your toes;*(дотронуться до волос, затем до пальцев на ногах)*  Hands up high in the air, *(руки вверх)*  Down at your sides, and touch your hair; *(руки по швам,  дотронуться до волос)*  Hands up high as before, *(снова руки вверх)*  Now clap your hands, one-two-three-four!*(хлопаем в ладоши 4 раза)* |
|  | 7. Touch your nose. Touch your knees Touch your ears. Touch your toes Touch your mouth. Touch your eyes Touch your hair. Touch your head Touch your shoulders, |
|  | 8. Head and shoulders, knees and toes,  Knees and toes, knees and toes! Head and shoulders, knees and toes, Eyes, ears, mouth and nose!  (Увеличиваем темп) |
|  | 9. Teddy Bear, Teddy Bear, touch your nose (*имитируем походку медведя*) 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 knees, Teddy Bear, Teddy Bear, sit down please. |
| Глаголы движения | 1. *Jump!* (прыгаем на обеих ногах)  *Run!* (бегаем)  *Hop!*(прыгаем на одной ноге)  *Walk!*(ходим по комнате)  *Squat!* (приседаем на корточки)  Сначала действия производятся в нормальном темпе, потом учитель командует:  *Quickly!* ― и все действия производятся быстро. Потом подается команда: *Slowly!* ― и действия производятся медленно. |
|  | 2. Jump, jump, jump to the party music. *(прыгаем на месте)*  Dance, dance, dance to the party music. *(танцуем на месте)*  Shake, shake, shake to the party music. *(качаем головой)*  Clap, clap, clap and stamp your feet. *(хлопаем в ладоши, топаем ногами)*  But when the music stops,*(указательный палец вверх)*  But when the music stops,  But when the music stops,  FREEZE! *(замираем в смешной позе)* |
|  | 3. Let us skip, let us dance,  Let’s play basketball at once!  Let us ski, let us skate,  Count, please, from one to eight!  Let us draw a little hen,  Let us write the letter “N”,  Let us jump – one, two, three, four,  Now bend and touch the floor!  Well-done! Sit down, please! |
|  | 4.We are running,*(бег на месте)*  We are jumping,*(прыгаем на месте)*  Trying sky to get. *(поднимаемся на носочки, руки вверх)*  We are skipping, *(перескакиваем с ноги на ногу на месте)*  Trying sky to get.  *(поднимаемся на носочки, руки вверх)*  We are flying like a real jet. *(руки в стороны, показывая самолёт)*  We are hopping,*(прыгаем на месте на одной ноге потом на другой)*  We are climbing *(как-будто карабкаемся вверх)*  Like a funny cat.*(рисуем в воздухе усы как у кота)*  Mew.*(садимся на место)* |
|  | 5.Hop a little, jump a little, One, two, three. Run a little, skip a little, Tap one knee. Bend a little, stretch a little, Nod your head. Sleep a little, sleep a little In your bed. |
| Цвета | 1**.Red, red**, touch your head.  **Black, black**, touch your neck.  **Blue, blue**, touch your shoe.  **Green, green**, touch your chin.  **Brown, brown**, touch the ground. |
|  | 2. If you’re wearing **red**, stand up, If you’re wearing red sit down, If you’re wearing **green** stand up, if you’re wearing green, sit down, If you’re wearing **blue** stand up, If you’re wearing blue sit down. What are you wearing, what are you wearing, what are you wearing Today, today, What are you wearing, what are you wearing, what are you wearing Today? |
|  | 3**. Red, red** is the color I see.  If you are wearing red then show it to me. Stand up, turn around.  Show me your red then sit back down. **Yellow, Yellow** is the color I see.  If you are wearing Yellow then show it to me. Stand up, turn around.  Show me your yellow then sit back down. |
|  | 4. Red and yellow, green and brown,  See the little leaves come down Falling, falling from the trees.  Dancing, dancing on the breeze. |
| Распорядок дня | 1. Wash your hands every day,  Wash your face every day,  Clean your teeth every day,  Say “Hello!” every day,  Now look at me and play!  Let’s play badminton!  Let’s play football!  Let’s play basketball!  Let’s play tennis! |
|  | 2. I'm cleaning my teeth - scrub,  scrub.  I'm washing my hands - rub, rub.  I'm going to bed - creep, creep.  I'm in bed... fast, fast asleep |
| Животные | 1.Let’s fly like a bee.  One, two, three.  Let’s swim in the sea.  One, two, three.  Let’s jump like a frog.  One, two, three.  Let’s run like a dog.  One, two, three! |
|  | 2. I’m a little rabbit, hop, hop, hop.   I’m a little rabbit, hop, hop, hop.   I’m a little rabbit, I’m a little rabbit,   I’m a tittle rabbit, hop, hop, hop.  I’m a little turtle, splash, splash, splash.   I’m a little turtle, splash, splash, splash.   I’m a little turtle, I’m a little turtle,  I’m a little turtle, splash, splash, splash.  I’m a little duck, quack, quack, quack.   I'm a little duck, quack, quack, quack.   I'm a little duck, I’m a little duck,  I’m a little duck, quack, quack. |
|  | 3. Giraffes are tall, with necks so long. (Встаньте на цыпочки и поднимите вверх руки)  Elephants' trunks are big and strong. (Изобразите хобот, соединив вытянутые вперёд руки)  Zebras have stripes and can gallop away. (Изобразите на месте, как бежит зебра)  Monkeys in the trees slowly sway. (Покачайтесь из стороны в сторону)  The old crocodile swims in a pool so deep. (Покажите плавательные движения)  Turtles in the sun go to sleep. (Положите голову на руки и закройте глаза) |
|  | 4. A **giraffe** has many spots, many spots on its body   (2 times)  On the forehead  On the ears  On the neck  On the elbows  On the nose  On the belly  On its knees and toes.  A **porcupine** (дикобраз) has many prickles, many prickles on its body   (2 times)   On the forehead  On the ears  On the neck  On the elbows  On the nose  On the belly  On its knees and toes  A **fluffy kitten** has much hair, has much hair on its body   (2 times)  On the forehead  On the ears  On the neck  On the elbows  On the nose  On the belly  On its knees and toes |
| Погода | 1.What is the weather like today? Is it sunny? (Скрещиваем ладоши и двигаем пальчиками – лучиками) Is it rainy? (Постукиваем кончиками пальцев по парте) Is it windy? (Размахиваем руками и показываем порывы ветра) Is it cloudy? (Прикрываем лицо ладонями) Is it hot? (Имитируем жару, вытираем лоб ладонью) Is it cold? (Обнимаем себя и дрожим) |
|  | 2.Let’s go walking in the snow/rain *(начинаем ходить по кругу)*  Walking, walking, on tiptoe *(ходим на цыпочках)*  Lift your one foot way up high *(прыгаем на одной ноге)*  Then the other to keep it dry*(прыгаем на другой ноге)*  All around the yard we skip *(вприпрыжку по кругу)*  Watch your step! or you might slip! *(притворяемся что падаем)* |
|  | 3. Farmer, farmer, dig and plant,*(как будто капаем и садим)* Farmer, farmer, dig and plant, Farmer, farmer, dig and plant, Dig and plant the soil.  Mr. Sun, shine so bright, *(руками над головой показываем солнце)* Mr. Sun, shine so bright, *(затем руки разводим в сторону и вниз — «светит солнце»)* Mr. Sun, shine so bright, Shine and warm the soil.  Mrs. Raindrop, fall, fall, fall, *(руки вверх; руки в такт вниз, шевеля пальчиками)* Mrs. Raindrop, fall, fall, fall, Mrs. Raindrop, fall, fall, fall, Fall and water the earth.  Tiny seed, grow, grow, grow, *(садимся на корточки; постепенно поднимаемся, «растем»)* Tiny seed, grow, grow, grow, Tiny seed, grow, grow, grow, Grow up big and tall. *(встаем на цыпочки, руки вверх)*  Lovely plant, bud and bloom, *(руками закрываем лицо и открываем, «раскрывается цветок»)* Lovely plant, bud and bloom, Lovely plant, bud and bloom, Bud and bloom for me. *(большими пальцами показываем на себя)* |
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