



1. Hands up, hands down
Hands on hips, sit down
Bent left to the side
Bent left bent right
1, 2, 3 hop 1, 2, 3 stop!
Stand still

2. Stand up clap clap
Arms up clap clap
Step step arms down
Clap clap please sit down

3. Hands up clap clap clap
Hands down shake shake shake
Hands on hip jump jump jump
Hop hop hop stop stand still
Good sit down please

4. Hands up hands down shake shake
Stand up on the tiptoes
Turn around step aside
step left step right

5. I can jump I can run
I can sing I can dance
I can swim I can't fly
I can climb and say good bye.

6. I like to read I like to play
I like to study every day
I like to jump I like to run
I like to play, it's fun.

7. Hands on the head
Hands on the hips
Hands on the table
Hands like this
Hands on the shoulders
Hands up and down
Hands behind the head
And sit down.

8. Hand up clap clap
Hands down clap clap
Hands on the head hop hop
Hands on the hips hop hop

9. Two little feet go tap tap tap
Two little hands go clap clap clap
Two little feet go jump jump jump
Two little hands go thump thump thump





10. One one one little dog run
Two two two cats see you
Three three three birds in the tree
Four four four frogs on the floor.

11. Can you hop like a rabbit
Can you jump like a frog
Can you walk like a duck
Can you run like a dog
Can you fly like a bird
Can you swim like a fish
Can you be like a good child
As still as you wish

12. Its fun to this
Its fun to be that
To leap like lamp
To climb like a cat
To swim like a fish
To hop like a frog
To trot like a horse
To jump like a frog
13. Up down up down
Which is the way to London town
Where where up in the air
Close your eyes and you are there

14. Teddy bear turn around
Teddy bear touch the ground
Teddy bear nod you head
Close your eyes and go to bed.

15. Ten little fingers
Ten little toes
Two little ears
And one little nose
Two little eyes
They shine so bright
One little mouth to say good night.

16. Three little monkeys jumping on the bed
One fell of and bumped his bed
Mom called the doctor and the doctor said
No more little monkeys jumping on the bed.

17. Stand up and look around
Shake your head and turn around
Stamp your feet upon the ground
Clap your hands and than sit down.



Содержание разработки может расширяться. Как показала практика, сами дети могут сочинять физминутки и проводить их.

18. посмотрите птичка bird
Нам пример она дает
Чтобы небо ближе стало
Делай up и делай down

19. прибежала кошка cat
тоже хочет дать совет
чтоб как я вам гибкой стать
наклоняйтесь left and right

