



# Физминутки на уроках английского языка

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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!





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





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Hands on your hips  
Hands on your knees  
Put them behind you.

If you please  
Touch your shoulders  
Touch your nose,  
Touch your ears,  
Touch your toes.





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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





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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.





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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.







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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





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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.





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





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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





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Stand up! Hands up!  
Hands down! Sit down!  
Stand up! Hands to the sides!  
Bend left! Bend right!  
1, 2, 3 - hop! 1, 2, 3 - stop!



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использовались материалы сайтов:**

1. [www.festival.1september.ru](http://www.festival.1september.ru)
2. [www.metodisty.ru](http://www.metodisty.ru)
3. [www.ourkids.ru](http://www.ourkids.ru)
4. [www.englishteachers.ru](http://www.englishteachers.ru)
5. [www.pedsovet.org](http://www.pedsovet.org)
6. [www.1000designs.ru](http://www.1000designs.ru)
7. [www.liveinternet.ru](http://www.liveinternet.ru)
8. [www.gorizontsobytij.narod.ru/](http://www.gorizontsobytij.narod.ru/)

