Использование здоровьесберегающ их технологий на уроках английского языка ıчальной школе

Listen to me and do what I ask you.

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.
Raise your hands high in the air,
At your sides, on your hair.
Raise your hands as before
While your clap: one, two, three, four.

Физкультминутка, которая поможет детям запомнить названия музыкальных инструментов

Произнося фразу *'This is the way we do it'*, дети делают вид, что играют на соответствующем музыкальном инструменте.

We can play the big bass drum
This is the way we do it.
We can play the violin
This is the way we do it
We can play the flute
This is the way we do it.
We can play the piano
This is the way we do it.
We can play the guitar
This is the way we do it.

* Подобную физкультминутку можно использовать для изучения видов спорта.

Finger plays

Finger family

Daddy finger, daddy finger, where are you?
Here I am, here I am. How do you do?

Mommy finger, Mommy finger, where are you?
Here I am, here I am. How do you do?

Brother finger, Brother finger, where are you?
Here I am, here I am. How do you do?

Sister finger, Sister finger, where are you?
Here I am, here I am. How do you do?

Baby finger, Baby finger, where are you?
Here I am, here I am. How do you do?

A song «Little Cabin in the Wood».

Во время исполнения песни дети выполняют движения, соответствующие тому, о чем они поют:

In a cabin in a wood *(trace a cabin outline with your index fingers)*
A little old man by the window stood *(trace a window outline)*
Saw a rabbit hopping by *(two fingers of one hand like rabbit ears, hopping)*
Knocking at his door *(knock with fist)"Help me! Help me! Help me!" he said, (throw arms up for each "help me")*
"Or the hunter will shoot me dead!" *(make a finger gun, point, and shoot)*
"Come little rabbit, come with me, *(welcome gesture with hands)*
Happy we will be." *(hug yourself)*

Games.

Balloons up in the Sky!

This is a fun colour game; it's best to play with a large group, minimum of 6 students!

Material Needed: Lots of balloons, different colors and a marker.

Preparations: Blow up the balloons and write the color (of the balloon) on it.

In the class: Throw the balloons up in the air one by one and tell the kids that when they hit the balloons (one at a time) they must say the color of them. Tell them to try and keep the balloons in the air.