

БӨЛІМ: АҒЫЛШЫН ТІЛІ

Рифмовки и физминутки на уроках английского языкаЖАРИЯЛАНДЫ
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Рифмовки и физминутки на уроках английского языка.

Как известно, урок является основной формой организации обучения в школе. Характерная для современного урока информационная перегрузка учащихся, его высокая интенсивность, чрезмерное нервно-эмоциональное напряжение, недостаточная двигательная активность школьников – все это ведет к потере здоровья детей. Очень многое делается для решения этой проблемы. Валеологизация системы образования предполагает, что каждый урок, каждое школьное мероприятие должно содержать в себе оздоровительный эффект, препятствовать развитию переутомления, не ухудшать здоровье, а способствовать его развитию. Важным способом поддержания общей учебной работоспособности организма учащихся является проведение на каждом уроке физкультминуток, связанных с усилением двигательной активности учащихся, с борьбой против гиподинамии, со снятием утомления с различных групп мышц и активизации познавательной способностей детей.

На уроках английского языка на начальном этапе данная задача легко решается с помощью песен и рифмовок. На их основе проводится профилактика нарушений осанки и зрения, активизируются внимание, память, умственная работоспособность, снимается умственное и физическое напряжение. Кроме того, развивается речь, обогащается словарный запас, отрабатывается произношение, а самое главное, поддерживается интерес детей к изучению английского языка. Учащиеся с самого начала приобщаются к культуре страны изучаемого языка. Многочисленные повторы, характерные для песенного жанра, способствуют легкому и произвольному запоминанию лексико-грамматических конструкций. Прочному запоминанию также способствует комплекс таких факторов, как рифма, лад, тональность, мелодия.

Уже несколько лет на своих уроках я провожу такие песенные физкультминутки и вижу интерес к ним у детей (все слова песен сопровождаются соответствующими действиями).

ALOUETTA (suit the actions to the words)

Alouetta, little Alouetta,

Play the game with me:

Put your finger on your head,

Put your finger on your head,

On your head, on your head,

Don't forget, Alouet! Oh! cc Alouetta, little Alouetta,

Play the game with me:

Put your finger on your nose,

Put your finger on your nose,

On your nose, on your nose,

On your head, on your head,

Don't forget, Alouet! Oh!

Alouetta, little Alouetta,

Play the game with me:

Put your finger on your mouth,

Put your finger on your mouth,

On your mouth, on your mouth,

On your nose, on your nose,

On your head, on your head,

Don't forget, Alouet! Oh!

YOU TAKE YOUR LITTLE HANDS (suit the actions to the words)

You take your little hands and go

Clap, clap, clap!

You take your little hands and go

Clap, clap, clap!

You take your little hands and go

Clap, clap, clap!

Clap, clap, clap your hands!

You take your little toes and go

Tap, tap, tap!

You take your little toes and go

Tap, tap, tap!

You take your little toes and go

Tap, tap, tap!

Tap, tap, tap your toes! cc You take your little eyes and go

Blink, blink, blink!

You take your little eyes and go

Blink, blink, blink!

You take your little eyes and go

Blink, blink, blink!

Blink, blink, blink your eyes!
You take you little lips and go
Kiss, kiss, kiss!
You take you little lips and go
Kiss, kiss, kiss!
You take you little lips and go
Kiss, kiss, kiss!
Kiss your dear Mum and Dad!

DO EVERYTHING TOGETHER (suit the actions to the words)

Clap, clap, clap your hands,
Clap your hands together.
Clap, clap, clap your hands,
Clap your hands together.
Sing, sing, sing a song,
Sing a song together.
Sing, sing, sing a song,
Sing a song together.
Wink, wink, wink your eyes,
Wink your eyes together.
Wink, wink, wink your eyes,
Wink your eyes together.
Dance, dance, dance a dance,
Dance a dance together.
Dance, dance, dance a dance,
Dance a dance together.
cc Spin, spin, spin around,
Spin around together.
Spin, spin, spin around,
Spin around together.
Ride, ride, ride your bikes,
Ride your bikes together.
Ride, ride, ride your bikes,
Ride your bikes together.
Wash, wash, wash your face,
Wash your face together.
Wash, wash, wash your face,
Wash your face together.
March, march, march, march to bed,
March to bed together.

March, march, march, march to bed,
March to bed together.

Shine, shine, shine your shoes,
Shine your shoes together.
Shine, shine, shine your shoes,
Shine your shoes together.

IF YOU HAPPY...

If you are happy and you know it,
Clap your hands.
If you are happy and you know it,
Clap your hands.
If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Clap your hands!
If you are happy and you know it,
Snap your fingers.
If you are happy and you know it,
Snap your fingers.
If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Snap your fingers!
If you are happy and you know it,
Nod your head.
If you are happy and you know it,
Nod your head.
If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Nod your head! cc If you are happy and you know it,
Stamp your feet.
If you are happy and you know it,
Stamp your feet.
If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Stamp your feet!
If you are happy and you know it,

Click your tongue.

If you are happy and you know it,
Click your tongue.

If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Click your tongue!

If you are happy and you know it,
Say OK.

If you are happy and you know it,
Say OK.

If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Say OK!

If you are happy and you know it,
Do all six.

If you are happy and you know it,
Do all six.

If you are happy and you know it,
And you really want to show it,
If you are happy and you know it,
Do all six!

HEAD , SHOULDERS...

Head, shoulders, knees, and toes,
Knees and toes.

Head, shoulders, knees, and toes,
Knees and toes.

Eyes and ears, and mouth and nose.

Head, shoulders, knees, and toes.

Knees and toes.

Hands on your hips,

Hands on your knees,

Put them behind you

If you please

I put my hands upon my hips,

I turn myself around,

I raise my hands upon my head

And then I touch the ground.

Then I put them in front of me cc Arms and legs, feet and hands,
Feet and hands.
Arms and legs, feet and hands,
Feet and hands.
Eyes and ears, and mouth and nose.
Arms and legs, feet and hands.
Feet and hands.
Touch your shoulders,
Touch your nose, .
Touch your ears,
Touch your toes.
My hands upon my head I place,
On my shoulders, on my face.
Then I raise them up on high
And make my fingers quickly fly.
And gently clap: one, two, three.

Stand up! Stand straight! Hands up! Hands down!
Hands to the sides! Hands forward! Hands backward!
Hands on your hips!
Turn to the left! Turn to the right!
Bend left! Bend right!
Bend down, your hands touching your toes.
Hands up! Grow as tall as a tall tree! Nod your head!
Turn your head to the left, to the right!
Stretch yourselves! Move your fingers!

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