7. 11. 2019 TV 4. a 5. tř.

Oznámení o zapojení AJ při nástupu. Rozcvička vedená v angličtině

Motivační otázky:

Do you like English? Yes? If you like English, clap your hands four times. One, two…

Do you like PE? Yes? If you like PE, snap your fingers four times. One, two….

Pokyny učitel doprovází gestikulací:

Boys, run around the gym three times. Girls, run around the gym twice.

Come here and breath deeply, raise your arms up and down… like this.

Find a free space, look at me and do exercise, follow the instructions.

Put your head on the right shoulder, put your head on your left shoulder…

Nod five times. Look at me. One, two…

Let´s revise parts of our arms: this is my right arm. Look at it, rotate your right arm. This is my left arm, look at me and rotate your left arm. One, two… Stop. These are my wrists, rotate your wrists… This is my right elbow and this is my left elbow. Rotate your arms at elbows…

This is my waist. Touch it with your hands, keep it and rotate your body four time. Look at me and do exercise.

Let´s revise parts of our legs: this is my right leg. Look at it. This is my knee.

Stand with your feet together. Rotate your right knee… This is my foot and these are my feet. This is my right/left ankle. Rotate your right foot at the right/left ankle….

Sit down, these are your toes, stretch your legs and touch your right/left toes with your left/right arm. Try it, touch them, once, twice… and change your arms and legs….

Stand up. Skip on your right/left leg ten times, skip on both legs ten times.

Cvičení na písničku doprovázenou pohybem, kterou znají z AJ The Hokey Cokey.