**ТЕКСТЫ ФИЗКУЛЬТМИНУТОК**

Teddy Bear, Teddy Bear, touch your nose

Teddy Bear, Teddy Bear, touch your toes;

Teddy Bear, Teddy Bear, touch the ground,

Teddy Bear, Teddy Bear, turn around.

Teddy Bear, Teddy Bear, turn around,

Teddy Bear, Teddy Bear, touch the ground,

Teddy Bear, Teddy Bear, reach up high

Teddy Bear, Teddy Bear, wink one eye,

Teddy Bear, Teddy Bear, slap your knees,

Teddy Bear, Teddy Bear, sit down please.

I have fingers (hold up both hands, fingers spread)

And they all belong to me, (point to self)

I can make them do things -

Would you like to see?

I can shut them up tight (make fists)

I can open them wide (open hands)

I can put them together (place palms together)

I can make them all hide (put hands behind your back)

I can make them jump high (hands over head)

I can make them jump low (touch the floor)

I can fold them up quietly (fold hands in lap)

And hold them just so.

This is my right hand,

I'll raise it up high (Raise the right hand)

This is my left hand,

I'll touch the sky. (Raise the left hand.)

Right hand, (Show the right palm.)

Left hand, (Show the left palm)

Roll them around. (Roll hands around)

Left hand, (Show the left palm)

Right hand, (Show the right palm)

Turn around, turn around.

Giraffes are tall, with necks so long. (Stand on tip toes; raise arms high

up into the air)

Elephants' trunks are big and strong. (Make trunk with a hand and an arm)

Zebras have stripes and can gallop away, (Gallop around in a circle)

While monkeys in the trees do sway. (Sway back and forth)

Old crocodile swims in a pool so deep, (Pretend to swim)

Turtles in the sun go to sleep. (Lay head on hands and close eyes)

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!

Hand s up, clap, clap!

Hands down, clap, clap!  
Turn yourself around and then you clap, clap!

Bend left, clap, clap!

Bend right, clap, clap!

Turn yourself around and then you clap, clap!

Head and shoulders,

knees and toes, knees and toes, knees and toes!

Head and shoulders,

knees and toes,

eyes, ears, mouth and nose!

One, two – tie your shoe!

Three, four – mop the floor!

Five, six – pick up bricks!

Seven, eight – wash a plate!

Nine, ten – begin again!

(That’s the end!)

Clap, clap, clap your hands,

Clap your hands together.

Stamp, stamp, stamp your feet,

Stamp your feet together.

Spin, spin, spin around,

Spin around together.

Wink, wink, wink your eyes

Wink your eyes together.

Dance, dance, dance about,

Dance about together.

Shake, shake, shake your hands,

Shake your hands together.

Smile, smile at your friends,

Let us smile together.

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 you clap: one, two, three, four.

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

Then I put them in front of me And gently clap:

one, two, three.