

## «HOW LITTLE MOUSE BECAME STRONG, SKILLED AND BRAVE»

### AIMS:

- encouraging children in systematical involvement in physical exercises;
- building and strengthening children's motor skills and abilities;
- causing interest in active games;
- adding value to creative and emotional world of a child.



Read the rhyme:

*I'm a gray little mouse,  
I live nearby your house.  
I do sports, I love to train,  
I have no time to complain!*

**You see, physical exercises and sports helped our little timid mouse to become strong, skilled and brave. It's time for fun exercises with our hero!**

Build a multi-coloured path from the mats together with the child (mats can be combined in a form of a rectangle), show a picture of the little mouse, offer the child to do fun exercises together.

### Exercise 1

Walking down the path with usual strides back and forth 2 times.

*Our little feet make little strides,  
Chop - chop - chop.  
Through the path, each stride us guides.  
Chop - chop - chop.*

### Exercise 2

High knees walking down the path back and forth 2 times.

*When you're doing high knees walking,  
Do it well without talking!*

### Exercise 3

Marching in place on each mat 6-8 times.

*We're marching in place,  
come on, knees up!  
Sport's our new hobby we've  
just taken up!*

### Exercise 4

Doing squats on each mat.

*Let's do squats, one - two - three!  
Strong and healthy we will be!  
We will dance, and jump, and run,  
We will have a lot of fun!*



# ENTERTAINING EXERCISE COMPLEX FOR ORTODON PUZZLE MATS, SET «ANTIBACTERIAL»

## Exercise 5

For this exercise, you will need «Stones» mats: standing on one leg by terms, 3-5 times, up to 5 seconds for each leg.

*It is hard to keep your balance.  
When you're standing on one leg;  
But we all are true great talents,  
We can do it! Well, let's check!*

## Exercise 6

For this exercise, you will need «Grass» mats: jumping on each mat 6-10 times.

*Frogs are jumping far and high,  
Can you do it? Make a try!  
Make a jump, then make one more,  
Jump and jump again! Let's go!*

## Exercise 7

For this exercise, you will need «Icicle» mats: spinning around on each mat, on the first one - 3-5 times in a clockwise manner, on the other one - 3-5 times in an anti-clockwise manner.

*Spin around, more and more!  
Brace yourself, come on, let's go!  
Do it quickly, don't fall down!  
Once again, let's spin around!*

## Exercise 8

For this exercise, you will need «Island» mat: standing in the middle of the mat, squat down on your haunches, tilt your head and hug your knees. Then slowly straighten up and stretch your body with throwing your hands up in the air 6-10 times.

*I become so tiny when I hug my knees,  
But then I stand up and I'm tall with ease!*

## Exercise 9

For this exercise, you will need «Spikes» mat: stand in the middle of the mat, then rock-up from toe to hill, from hill to toe 10 times.

*It's morning time, come on, wake up!  
Let's do some sports so we'll warm up!  
From toe to hill, from hill to toe,  
Let's do rock-ups! You ready? Go!*

**Our fun morning exercises have come to an end. Say «thank you» to the little mouse for these useful exercises that help everyone to become strong and skilled. Let's promise the little mouse that we will do morning exercises every day!**

## Puzzle mats care recommendations:

The sanitation of a puzzle mat should be provided with using the 3% hydrogen peroxide solution or soap-soda solution.

After sanitation the mat should be wiped, dried away from heating devices and sunlight.

Do not use abrasive cleaning products.

The water temperature is not higher than 35 °C.

Do not use in a dishwasher or washing machine.

**Playing exercise complex was developed by physical education instructor.**

**ORTODON**

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It is recommended to provide training activities with children while playing, with music and verses.