

ORTODON PUZZLE MATS «MOSS» SET FUNNY FROG GAME SET OF EXERCISES

You will need ORTODON mats: Moss with squeakers, Moss.

! We recommend supplementing the set with ORTODON «Grass» mats.

Goal:

development of interest in physical education and sports, cognitive activity, creativity and respect for nature in children.

Tell a child that you both are going on a visit and in order to find out where you both are going, you need to guess the following riddle:

*«Under green-green leaves
Near a soft-soft bog
Hides a big eyed jumper
Called a ...» (Frog)*



You show a FROG picture or FROG toy and invite a child to perform a fun exercise with this character.

Heron Exercise

Read the following poem:

*A heron entered the bog
The frogs sitting on a log:
Little hiding
Feet are striding
Heron's eyes - no more hides!*

Invite your child to walk on the mats with high knees, arms to the sides at shoulder level. Repeat the exercise 2-4 times.

Where does the frog live? Of course, in the bog, and the bog is most often found in the woods.

To meet a funny frog, you shall have to run a path from puzzle mats as follows: Moss 1, Moss 3, Moss 5 with a sound signal — with a squeaker; Moss 2, Moss 4, Moss 6 (without a squeaker).

! The mats can be assembled in two rows during subsequent classes where you will get a rectangle that you can play with a child using the same exercises.

The Path Is Ready!

Fun Jumping Exercise

Read the following poem:

*Upon the leaves and flowers, Like a spring,
Froggy's jumping-jumping.
Like a king Into the water with splashes -
Blast!*

Invite your child to jump on each mat where you'll have to land on the biggest bumps in order to hear the sound signal of Mats 1, 3, 5. Repeat the exercise 2-4 times.



ORTODON PUZZLE MATS «MOSS» SET FUNNY FROG GAME SET OF EXERCISES

Music Path Exercise

Read the following poem:

- Where do you come from, Froggy-Froggy?
- I've come from the market, Friendly-Friendly.
- Then what have you bought?
- Just something of cabbage, potato and salt.

Ask a child to walk along the path in the usual way while explaining that you need to get up on the most convex large surfaces – bumps. A sound signal will be heard upon the correct placement of the feet on Mats 1, 3, 5, and no signal will be heard upon incorrect placement on the rest of the mats. Repeat the exercise 2-4 times.

Invite a baby to step on each mat with the knees raising high by 6–8 steps on each mat. Then, make sure an audible signal is heard indicating the correctness of the exercise performance on Mats 1, 3, 5 during the exercise performance. Repeat the exercise 2-4 times.

Run Track Exercise

Read the following poem:

*Today is A Frogs Day:
A Happy Jumpers Day!
Did you not know it?
Which you should know it for
It being a good old day:
The children are jumping,
Laughing and swinging
And they Can do what they may!*

Invite your child to run 2–4 times along the track.

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.

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

Long Jump Exercise

Read the following poem:

*A little frog in a pool
Fed on gnats and wool.
Puddle went cold;
So you can behold:
The froggy's went jumping
Lawns and meadows through!*

Invite your child to jump across Mats 2, 4 and 6 by landing thereon with a sound signal. Repeat the exercise 2-4 times.

Boat Exercise

Read the following poem:

*A little frog is floating,
Basking in the sun and resting;
And swinging on a leaf
While thinking it's upon a reef.*

Invite your child to roll from sock to heel on each mat from heel to toe 4-6 times. Repeat the exercise 1-2 times.

A sound signal will be heard in the toe lifting and heel lowering exercises both on Mats 1, 3, 5.

Our fun exercise has finished! Thank FROG for interesting tasks and say goodbye until our next meeting!

Do not use in a dishwasher or washing machine.

Playing exercise complex was developed by physical education instructor

Developed by ORTODON
(863) 310 21 01, Info@ortoopt.ru,
www.ortoopt.ru,
www.massagematortodon.com

