

Our journey has just come to an end, we visited the Underwater Kingdom of Coral far-far away and met the sea turtle and its friends. Enjoy doing exercises on ORTODON mats, may this entertaining exercise complex bring your child cheerfulness, strength and positive emotions!

FOR PARENTS

Size. Sea turtles are much bigger than their land-dwelling relatives are, the shell of some sea turtles may reach 2 meters in length.

Shell form. Sea turtles are characterized by a streamlined tear-shaped shell; that enables them to swim more easily. Land-dwelling tortoises have a more arched-formed shells, often with ridges and grooves, that, apart from protection, provides camouflage for them.

Form and size of limbs. Forelimbs of a sea turtle look like flippers, whereas hind limbs are short and slightly flattened, too. Land tortoises have large hind limbs, their forelimbs are slightly flattened out and are suited for digging holes.

Tail. Sea turtles have long, non-retractile tail that they use for navigation. Land tortoises don't have to swim, that's why their tails are small, easily retractile and sometimes with sharp spikes.

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.

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

ORTODON

Developed by ORTODON
+7 (863) 310 21 01
info@ortoopt.ru
www.ortoopt.ru
www.massagematortodon.com



ENTERTAINING EXERCISE COMPLEX FOR ORTODON PUZZLE MATS SET № 16 «SEA TURTLE» «MEET SEA TURTLE AND ITS FRIENDS»

AIMS:

- encouraging children in systematical involvement in physical exercises;
- building motor skills and abilities;
- introducing the inhabitants of the underwater world to the children;
- encouraging curiosity and careful attitude to the world around us.

Tell the child that today you are going to visit a sea turtle and its friends who live deep on the warm ocean floor in the Underwater Kingdom of Coral far-far away. Offer the child to look closely at the ORTODON mat with «sea turtle» surface. Tell the child what the difference between a sea turtle and a land-dwelling tortoise is.

Tips for parents can be found on the back.



Together with the child, build a bright multi-coloured path from the mats combining them as follows: «Turtle», «Grass», «Stones», «Wave» («waves» should be combined lengthways), «Ladder», «Moss».

To get into the underwater world, we will need snorkeling mask and scuba. Imitate the movements: place the snorkeling mask over your face, don't forget the scuba – it should be worn on your back, and here our adventures begin!

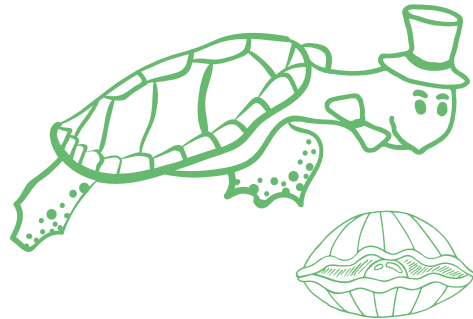
Task 1

Solve a riddle:

«I have four legs and a tail.
I have no teeth.
I can swim and dive underwater.
I carry my house around with me.
I am a...» **(Turtle)**

Exercise «Diving»

Ask the child to stand on the «Turtle» mat, placing feet at the edges of the shell, and do squats with weight on lateral arches, hands on waist, 6-10 times.



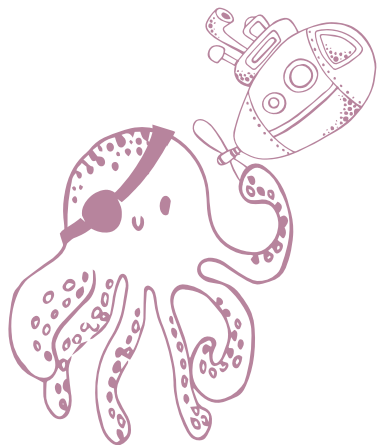
Task 2

To meet the first friend of the sea turtle, we need to solve the riddle:

«I am an animal that lives in the ocean,
I move very fast using a strange kind of motion.
I have eight limbs, neither hands nor feet,
I'm an aquatic animal called... Complete!»
(Octopus)

Exercise «Octopus»

Ask the child to stand on the «Grass» mat and perform the exercise: place feet parallel to each other shoulder-width apart at the edges of the mat. Lift arms at shoulder height sideways up. Now lift straight legs sideways in turn, with weight on opposite leg, keeping your balance, 12-20 times.



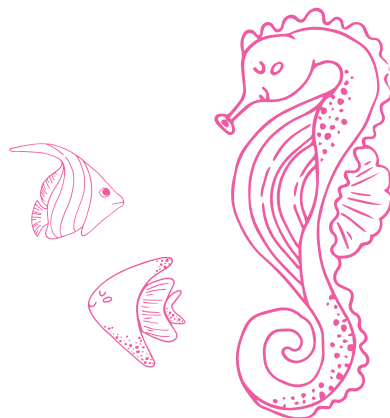
Task 3

Solve the next riddle and meet another friend of the sea turtle.

«What kind of horse can swim underwater without coming up for air?» **(Seahorse)**

Exercise «Seahorse»

Ask the child to stand on the «Stones» mat and do the exercise: march in place and lift knees up, hands on waist, 10-16 times.



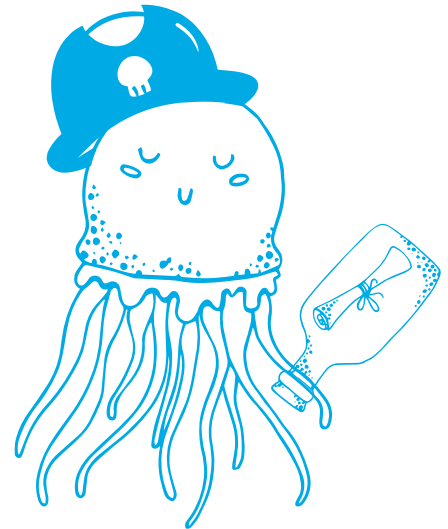
Task 4

You will know who the third friend is if you solve the following riddle:

«I live in the dark, I have no heart and I'm just like jelly, if you touch me I'll sting you. What am I?» **(Jellyfish)**

Exercise «Jellyfish»

Ask the child to stand on the «Wave» mat (place the mat along the path, lengthways), place feet at the edges and do the exercise: march in place with weight on lateral arches, hands on waist, 12-20 times.



Task 5

Solve the next riddle and meet the fourth sea turtle's friend:

«Which fish is the most famous?» **(Starfish)**

Exercise «Starfish»

Ask the child to stand on the «Ladder» mat and do the exercise: lift hand sideways up (arms of a starfish) and spin around in one direction 3-4 times, then in another direction 3-4 times.

Task 6

There is only the fifth sea turtle's friend left, let's solve the last riddle:

«I live within the deep dark sea,
If you skimmed water you'd find me.
I love to play and jump up high,
Sometimes I seem to touch the sky.
Humans are one of my friends,
I'm smart and funny, but that depends.
What am I?» **(Dolphin)**

Exercise «Dolphin»

Ask the child to stand on the «Moss» mat and do the exercise: rock up from toe to heel, from heel to toe 10 times.

