

GAME SET OF EXERCISES ON THE MODULAR MATS

ORTODON, SET №12 «SPACE»

Objectives:

- to promote systematic physical activity in children;
- to introduce children to the space;
- to form and develop fine motor skills in children;
- to develop child's curiosity and imagination.

Get all the pieces of the mat together with your child into a bright, interesting «space track». Look how multi-colored, colorful and unusual it is! This «space path» will help you go to space and learn a lot about planets, stars, comets.

Warm-up:

For the rocket to take off, you need to stand on the first mat «Spaceport». Command: «Switch on! We are starting the countdown - 10, 9, 8.7, 6, 5, 4, 3, 2, 1 - START». The child keeps doing 10 sit-ups on the first mat.

Exercise «Rocket»

We go on a space trip on a rocket. A flying rocket carries us towards cosmic discoveries. The child raises his hands up, joining his hands (imitation of a rocket), and walks along the mats with the usual step back and forth (2-4 times).

You are reading a rhyme: *I can see a big rocket.
It is going up, up, up.
The rocket can fly fast.
It is going to the moon.*



Exercise «Astronaut»

The child raises his hands to the sides and walks along the mats with a lateral step, shaking his hands slightly (simulating weightlessness), first in one direction, then in the other, turning his face in different directions (2-4 times).

You are reading a rhyme: *Cosmonauts are brave and strong,
With the stars they get along!
Always fly in the outer space,
They can't stay long in one place!*



Exercise «Planets»

The child marches around on the mats lifting his knees up high (4-6 times).

You are reading a rhyme:

<i>Here are nine planets that we know.</i>	<i>Jupiter, Saturn, Uranus, too.</i>
<i>Round and round the Sun they go.</i>	<i>Neptune, Pluto, we can't see you.</i>
<i>Mercury, Venus, Earth, and Mars,</i>	<i>These are the nine planets that we know.</i>
<i>These are the planets near our star.</i>	<i>Round and round the Sun they go.</i>

Exercise «Little Star»

The child stands on the edges of each mat, hands to the sides, alternately raising and withdrawing the straight leg, with support on the opposite leg (doing side step - imitating a star) (4-6 times).

You are reading a rhyme: *Star light, star bright,
First star I see tonight,
I wish I may, I wish I might
Have the wish I wish tonight.*



Exercise «The Sun»

The child raises his hands to the sides and spins 2-3 times on each mat in one direction and 2-3 times in the other direction.

You are reading a rhyme:

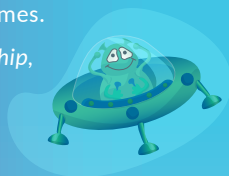
*Don't you think the sun is bright?
I wonder where it goes at night?
Does it sleep or does it hide?
Or is the moon its other side?
Does it hide behind the hills?
Late at night as outside chills?
Do you think it needs to rest?
From all that warming it does best?*

*Could it even have a home?
Maybe in London or even in Rome?
Or does it just float around?
Moving slowly from town to town?
Yes, I think it must do that!
After all the earth's not flat.
So the sun goes round and round
Spreading sunshine on the ground!*

Exercise «The Lunar Rover»

The child, leaning forward and resting on the palms and feet (getting down on all fours with straight arms and legs), walks along the mats 2-3 times.

You are reading a rhyme: *There is a lunar rover in a rocket ship,
It is ready to take a trip.
It is going very soon
To land on surface of the Moon.*



Exercise «The Meteorite»

The child runs along the mats 4-6 times.

You are reading a rhyme: *What is shining very bright
In the dark sky of the night?
Falling star that's soon out of sight?
No! It is called a meteorite!*

The final exercise

*«Our space journey is coming to an end, we are returning home to Earth.
We begin the countdown - 10, 9, 8, 7, 6, 5, 4, 3, 2, 1».*
The child squats down 10 times on the mat.

Modular floor covering maintenance recommendations:

Modular mat sanitizing is done with 3% hydrogen peroxide solution or soap-soda solution

After treatment wipe the product and dry it away from heating devices and sunlight.

Do not use abrasive cleaners.

The water temperature is not higher than 35 °C.

Do not use in a dishwasher or washing machine.

The complex of exercises is developed by physical education instructor
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It is recommended that the activities be conducted in the form of games with music and rhymes.