

OPTION 5

Put the mats on the floor in the following way: 2 big mats ("Spikes", "Icicles") combine in vertical direction, then add to them all of the little mats in the form of a narrow straight bridge that also ends with big mats ("Grass", "Pebbles").

Ask the child to do the following exercises on the big mats ("Spikes", "Icicles"): high knees marching 10 times on each mat, then walk down the little mats while keeping balance, in the end of the bridge jump on each of two big mats ("Grass", "Pebbles") 10 times.

Then you may make the exercise more difficult and build a zigzagged bridge instead of a straight one.

The simpler way is to build two bridges and walk down them from the first big mats to the others while stepping on both of them at the same time, if you want to make it more difficult, ask the child to walk down the first bridge starting from the big mats and stopping on the big mats only and come back to the big mats of another bridge (which means moving in circles).

PUZZLE MATS MAINTENANCE RECOMMENDATIONS

- Puzzle mats 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 Specialist Irina Fedotova.

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

 **ORTODON**

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ENTERTAINING EXERCISE COMPLEX FOR ORTODON PUZZLE MATS, SET "MINI-MIX" ENTERTAINING EXERCISES

Aims:

- To develop physical coordination, balance, sensory perception and children's imagination
- To contribute to upgrading of tactual sensation of hands and legs
- To create interest in regular physical exercises
- To develop motor skills.

This is a unique sensory construction set which consists of puzzled modules of different size and configuration; modules may be used for construction of different variants of pathways. Pathways may be both straight and zigzagged. You may also build a rectangle, a square with the use of mats and call them meadow, island, carpet, ship, rocket.

Exercises on the mats will bring your child a lot of positive emotions for the whole day.



You can offer your child several options of entertaining exercises.

OPTION 1

Introduce puzzled mats to your child, offer to sort big and small squares, name the colour of each mat while sorting them, describe the surface of each mat: which mat is more soft and which one is the hardest?

OPTION 2

Put 4 big mats on the floor and put 4 little mats in the bag. Tell the child to put on a blindfold and offer to get one little mat out of the bag, touch it. Help the child to reach big mats, the child should walk down the mats in bare feet (it may be done several times), the child should stop on the mat that has the same configuration as the mat in its hands. You may offer the child to remember the colour of these mats.

This game may be played till all of the mats of the same configuration are found.

OPTION 3

Put one of the big mats under the blindfolded child's feet, let it trample a couple of seconds, then bring the bag with four little mats of different configuration and offer the child to find a mat with the same configuration.

This game may be played till all of the mats of the same configuration are found.

OPTION 4

Physical exercises

"Morning in the woods"

Together with your child, build a bright multi-coloured pathway from the mats, combining the colours in the following way:

The 1st big mat – "Grass"; then use 4 little mats in any order;

The 2nd big mat – "Icicle", then use 4 little mats again;

The 3rd big mat – "Pebbles", then use 4 little mats again;

The 4th big mat – "Spikes", end the pathway with 4 little mats.

Look at this pathway now, it's so multi-coloured, bright, beautiful, with big "mats-islands" to which narrow paths lead us.

Exercise "Bunny"

Jump like a bunny 10–16 times

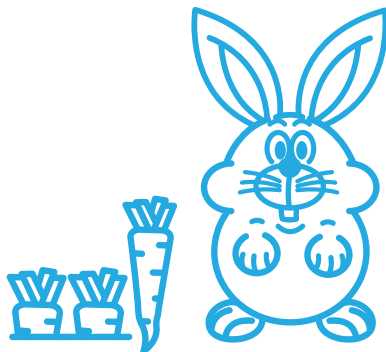
Funny Bunny goes hop-hop-hop!

Funny Bunny won't stop-stop-stop!

One-two, one-two, up-up-up!

Do it, do it, jump-jump-jump!

After completing this exercise, the child walks down the little mats to the next big mat – "Icicle".

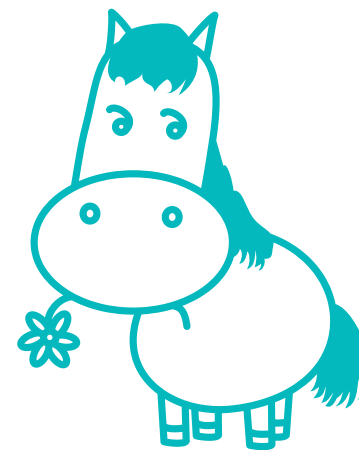


Exercise "Horsy"

High knees walking like a horsy 10–16 times

*Horsy likes the morning rides,
Gallop with rapid strides.
It enjoys the warmth and light
When the sun is shining bright.*

Walk down the little mats to the next big mat – "Pebbles".



Exercise "Frog"

High knees walking like a horsy 10–16 times

*Horsy likes the morning rides,
Gallop with rapid strides.
It enjoys the warmth and light
When the sun is shining bright.*

Walk down the little mats to the next big mat – "Pebbles".



Exercise "Bear cub"

Walk like a bear – with weight on lateral arches

*Little bear cub is so sweet:
Brown fur and clumsy feet,
It's so fluffy, cute and funny!
It likes eating lots of honey!*



After completing this exercise, the child walks down the little mats and you may praise your child, tell the baby that it completed all of the exercises because it's so brave, skilled and focused!