



**SPORTY
& HEALTHY**



RIGHT - LEFT

Subject: Gymnastics



Main goals:

exercises that shape correct posture, strengthen the abdominal and back muscles, breathing exercises, back and neck muscle exercises, active spine lengthening and stretching of breast muscles.

Operational goals. The child:

- strengthens the muscle;
- recognizes right and left site;
- develops coordination;
- shapes correct body posture.

Form of work: individual.

Equipment: rope/line, small cones (discs (or circles cut out of paper), small plastic bags or feathers.

Duration of the lesson: 30 minutes

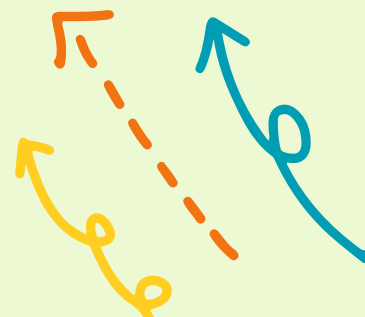
Course of classes:

Warm-up

1. "Cars"

The kids walk/run around and on the teacher's mark (showing the selected color) they have to change the way of moving:

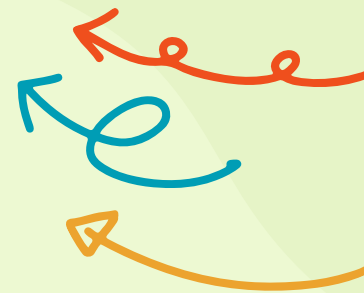
- Orange and a word "left" – kids turn left,
- Orange and a word "right" – kids turn right,
- Red – kids stop moving;
- Green – kids start moving again.



2. "Snake"

The kids stand in a row or in a circle. They hold a line/rope in front of them. The line imitates the snake which makes some exercises with the kids. The kids start to do some task:

- Raise hands and lower hands (keep holding the line/rope);
- Raise hands and move them on left side then lower hands;
- Raise hands and move them on right side then lower hands;
- Bend forward and pull the line left/right;
- Put the line on the floor and jump over it forward and backwards



Main part – strengthen the abdominal and back muscles

3. "Flowers" (strengthen the back muscles)

The children are flowers and they sit with their legs crossed. They bend forward and try to touch the forehead to the floor. On the teacher's mark "the flowers grow" – the kids raise slowly. On the mark "the flowers to the sun" – the kids raise their arms as high as they can. On the mark "flowers on the left/on the right" – the kids move their arms left or right. On the mark "flowers are fading" – the kids bend forward again and take the starting position.

4. "Windshield wipers" (strengthen the abdominal muscles)

The children lie on the floor, on their backs. The legs are straight, feet together. The arms spread sideways on the floor. When the teacher says "It's raining" the windshields start to move. The teacher specifies the speed and direction of that move by saying:

- Slight rain – the windshields work slowly right and left side;
- Heavy rain – the windshields work fast right and left side;
- Stop and right – means that windshields stop on right side and don't move, the kids have to hold their legs on right side;
- Stop and left – means that windshields stop on left side and don't move, the kids have to hold their legs on left side.

5. "Air travel" (back and neck muscle exercises)

The kids lie on the floor, on their bellies. Legs are straight and feet close to each other. We start the travel! First we fly by plane. The children have to raise and spread their arms then turn right (lean to the right) and turn left (lean to the left). After that we go by a space rocket! The kids move their arms forward and join their hands. At the end we travel by a jet plane. The kids move their arms aslant, sideways and again turn left and turn right. Warning! Keep the arms all the time above the floor!

The end – stretching exercises

6. „Let's build the house" (active spine lengthening)

The children sit on the floor with the legs crossed. The hands are on the knees. When the teacher says: "Let's build the house" the kids raise their arms above the head and on the right and on the left. Then they raise/stretch the arms alternately left arm and right arm until both hands are straightened.

7. „Kites" (breathing exercises)

The kids lie down on their backs and blow/puff the plastic bag or feather which is above their heads. They try to keep the feather in the air for as long as possible.

Next they lie down on their bellies, in pairs, in front of one another and blow the feather to each other.