Приложение 8

1. **Exercises.**

Sit on a chair and put one leg out in front of you. Point your toes and ‘write’ each letter of the alphabet in the air with your big toe. Then repeat the exercise with the other foot. This is great for people who like skiing, snowboarding or ice-skating.

1. **Morning exercises.**

**Shoulder Stretch**

Stretch your arms overhead.

**Hip Stretch**

Now sit up on your chair and turn your upper body from right to left and left to right.

**Back Stretch**

In the sitting position, place two hands on your waist and move your elbows backwards. Do it a few times.

Now stand up and tip-toe on your feet. Try to balance on tip-toe for a while before standing onto your feet. You can do this a few times as well.

**Инструкция по выполнению задания:** Учащиеся заранее подготовили несколько упражнений для разминки. Их задача продемонстрировать упражнения классу, комментируя по-английски. Данное задание можно продолжить выполнять на следующих уроках.