Физминутки проводятся в сопровождении легко запоминающихся считалок, рифмовок, стихотворений. Музыкальное оформление физминуток делает их насыщеннее и интереснее.

1. Hands up, hands down  
Hands on hips, sit down  
Bent left to the side  
Bent left bent right  
1, 2, 3 hop 1, 2, 3 stop!  
Stand still  
  
2. Stand up clap, clap  
Arms up clap, clap  
Step, step arms down  
Clap, clap please sit down  
  
3. Hands up clap, clap, clap  
Hands down shake, shake, shake  
Hands on hip jump, jump, jump  
Hop, hop, hop stop stand still  
Good sit down please.   
  
4. Hands up, hands down shake, shake  
Stand up on the tiptoes  
Turn around step aside  
step left, step right  
  
5. I can jump, I can run  
I can sing, I can dance  
I can swim, I can’t fly  
I can climb and say good bye.  
  
6. I like to read, I like to play  
I like to study every day  
I like to jump, I like to run  
I like to play, it’s fun.  
  
7. Hands on the head  
Hands on the hips  
Hands on the table  
Hands like this  
Hands on the shoulders  
Hands up and down  
Hands behind the head  
And sit down.   
  
8. Hand up clap, clap  
Hands down clap, clap  
Hands on the head hop, hop  
Hands on the hips hop, hop   
  
9. Two little feet go tap, tap, tap  
Two little hands go clap, clap, clap  
Two little feet go jump, jump, jump  
Two little hands go thump, thump, thump  
  
10. One, one, one little dog run  
Two, two, two cats see you  
Three, three, three birds in the tree  
Four, four, four frogs on the floor.   
  
11. Can you hop like a rabbit  
Can you jump like a frog  
Can you walk like a duck  
Can you run like a dog  
Can you fly like a bird  
Can you swim like a fish  
Can you be like a good child  
As still as you wish  
  
12. It’s fun to this  
It’s fun to be that  
To leap like lamp  
To climb like a cat  
To swim like a fish  
To hop like a frog  
To trot like a horse  
To jump like a frog   
  
13. Up dow, up down   
Which is the way to London town  
Where. where up in the air  
Close your eyes and you are there  
  
14. Teddy bear turn around  
Teddy bear touch the ground  
Teddy bear nod you head  
Close your eyes and go to bed.   
  
15. Ten little fingers  
Ten little toes  
Two little ears  
And one little nose  
Two little eyes   
They shine so bright  
One little mouth to say good night.  
  
16. Three little monkeys jumping on the bed  
One fell off and bumped his bed  
Mom called the doctor and the doctor said  
No more little monkeys jumping on the bed.  
  
17. Stand up and look around  
Shake your head and turn around  
Stamp your feet upon the ground  
Clap your hands and then sit down.

Содержание разработки может расширяться. Как показала практика, сами дети могут сочинять физминутки и проводить их.

18. посмотрите птичка bird   
Нам пример она дает  
Чтобы небо ближе стало  
Делай up и делай down  
  
19. прибежала кошка cat  
тоже хочет дать совет  
чтоб как я вам гибкой стать  
наклоняйтесь left and right