****

**Title: Jumping in the puddle**

**Objectives:**

* developing children’s practice of physical exercise;
* to acquire the basic mechanism of movement (throwing + grip) on walking and running;
* developing children’s general motor skills.

**Materials, equipment:** whistle; balls; obstacles; bags; puddles.

**Stage 1:** It is highly recommended to play the game outdoors, but depending on

the weather conditions, it can also be played inside the school.

**Stage 2:** The teacher prepares the playground and all the necessary materials,

marking the playground, placing the work pieces in the marked place.

**Stage 3:** The teacher presents the students' game and the rules of the game.

The class is divided into 3 teams;

- it is executed in the form of a race;

-emphasis on the correctness of execution, compliance with the rules imposed and speed of the route;

the students enter the bags, which they hold with their hands and run in the bag halfway, then jump in the bag to the edge of the field.

**Stage 4:** Complicating the game

-running through the piers at a distance of 3m by transporting the ball;

-running over obstacles with the transport of the ball;

-running through the ball transport piers;

- jumping in circles with the transport of the ball;

**Stage 5:** The winning team is the one who managed to finish the first relay,