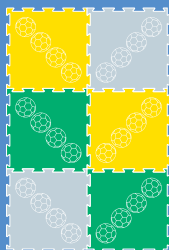


Our training has just come to an end, take the ball – let's play football!  
These fascinating riddles and exercises about football will be both interesting for your child and encouraging in the young generation love for physical education, sports and, obviously, football!

#### OPTION 2

Combine the mats together with your child in the form of a rectangle, so that prints on the mats would be in different directions with building a check-like print by putting the mats together, whereas the print inside of the rectangle would be herringbone-like.

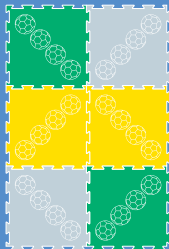


**Do the same exercise complex.**

**Note:** while doing «Warming-up» exercise, the child should walk not only with feet putting outwards but also inwards according to the print formed before. You may also include jumps on the mats with putting feet outwards.

#### OPTION 3

Combine the mats together with your child in the form of a rectangle, so that the prints on the mats would form a rhombus and a half of a rhombus inside (1.5 rhombi), if you have one set, and three rhombi if you have two «Football player» sets.



**Do the same exercise complex.**

**Note:** while doing «Warming-up» exercise, the child should walk not only with feet putting outwards but also inwards according to the print formed before.

! It is recommended to use «Football» puzzle mats for children aged 2 years and above. The exercise complex for the «Footballer» set is intended for children aged 4 years and above.

#### PUZZLE MATS CARE RECOMMENDATIONS:

- The sanitation of a puzzle mat should be provided with using the 3% hydrogen peroxide solution or soap-soda solution.
- After sanitation the mat should be wiped, dried away from heating devices and sunlight.
- Do not use abrasive cleaning products.

Playing exercise complex was developed by physical education instructor.

- The water temperature is not higher than 35 °C.
- Do not use in a dishwasher or washing machine.

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 «FOOTBALLER»

#### AIMS:

- Creating interest in physical education and sports
- Encouraging children in football playing
- Creating interest in sport games.

This set is a unique sport transforming construction set, which consists of six puzzle mats of average hardness. The print on the mat allows to create a lot of variants of paths, in the shape of a rectangle, where the lines of the print create several squares inside.

Exercises on the mats «Football» will bring your child positive emotions for the day.



You can offer to your child several options of entertaining exercises.

### OPTION 1

Introduce the transforming construction set to your child and build a multi-coloured path from the mats, combining the colours in the following way (for example): green, gray, yellow etc. to make a zigzag-shaped print inside of the path.



Tell your child a little bit about football, that it is the world's most popular sport, and the aim of this game is to outscore the opposite team by moving the ball beyond the goal line into the opposing goal. Mostly the ball is moved by legs, and the exercises on mats will help your legs to become stronger, healthier, and you will be more skilled and faster like a real Champion!

### Solve a riddle:

*«This game will give you quite a thrill,  
In summer's heat or autumn's chill.  
Popping pads and pounding feet*

*Will lead to our opponent's defeat.  
This sport's more than 100 years old.  
Tell me, how this game is called?»*  
**(Football game)**

### Warming-up

While walking down the path, the child should put its feet outwards, the movements should be done in the direction of the print – big balls:

- walking with feet putting outwards, without bending the knees, repeat 2 times;
- walking with feet putting outwards, after each next step doing squats (step – do squats, step – do squats etc.), repeat 2 times;
- walking with lifting legs sideways in turn, stand in this position with weight on the opposite leg for 3-5 seconds, hands sideways, then continue walking further, repeat this exercise 2 times;
- walking with lifting legs forward, stand in this position with weight on the opposite leg for 3-5 seconds, hands sideways, then continue walking further, repeat this exercise 2 times.

You have to solve the riddle to do the next exercise, because it is impossible to play football without this thing:

*«What is small and round and bounces around?»* **(Football)**

### Exercise «Football»

Initial position – standing on the mat, feet parallel to each other.

Jumping on each mat 3–4 times.



You need to solve another riddle to do the next exercise:

*«It's not just a player, it's head of the team:*

*The smartest, the fastest, he's more than supreme.*

*He's making the tactics ahead of the game.*

*Now tell me, my friend, what's this player's name?»* **(Captain)**

### Exercise «Captain»

Initial position – standing on the mat, legs shoulder-width apart, hands on waist. Lean sideways, 2 times on each mat. On the count of 1 – lean the body to the right side, 2 – initial position; 3–4 the same to the left side.



Next riddle and exercise for it:

*«He scores a goal  
And knows no defeat,  
He heats the ball  
And the half is completed»*  
**(Goalscorer)**

### Exercise «Goalscorer».

Running down the path 2–4 times.

The last riddle:

*«Sometimes they are easy,  
sometimes they are fun,  
They are really helpful for everyone.  
They'll help you be stronger,  
They'll help you live longer,  
They'll help you be cheerful,*

Here is the next riddle and the exercise for it:

*«This man knows all of the football rules,  
He'll see right through the cheaters  
and fools.*

*He's strict but fair, don't worry, my friend:  
He'll find the winner in the end»*

**(Referee)**

### Exercise «Referee»

Initial position – standing on the mat, legs shoulder-width apart, hands on waist. Turning sideways, 2 times on each mat. On the count of 1 – turn the body to the right side, 2 – initial position; 3–4 the same to the left side.

Solve the riddle and do the exercise:

*«This player is a lonely man  
Who keeps the goal as best as he can.  
He dedicates both life and soul  
To stop the shots upon his goal.»*  
**(Goalkeeper)**

### Exercise «Goalkeeper»

Walking down the path with side steps in one direction, then in another.

*They'll help you be skillful.*

*Let's do them again and without complaining –  
I know how to make them more entertaining!*

**What are they?» (Physical exercises)**