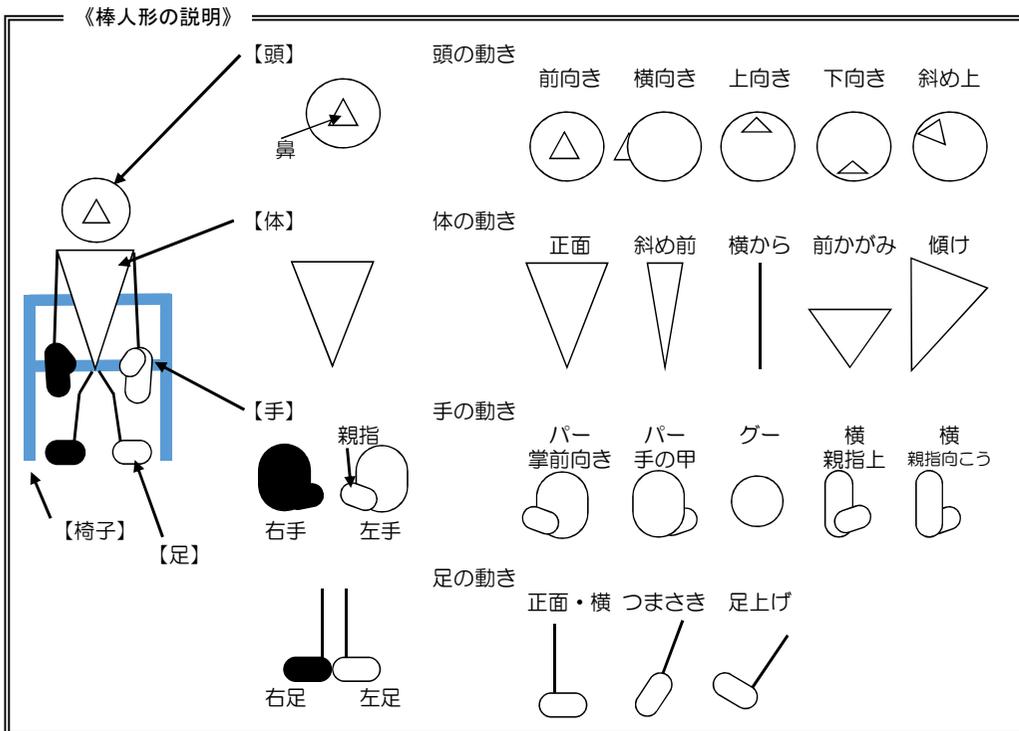


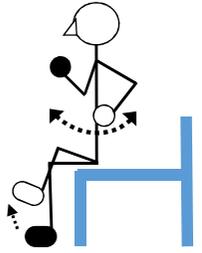
# そうじゃキビキビ体操

(椅子バージョン)



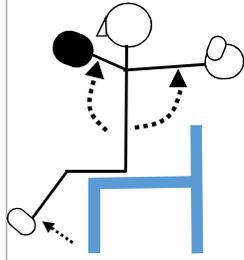
## 棒人形凡例・動き一覧

### ①吉備路ウォーキング

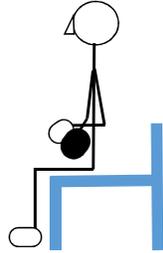


しっかり腕を振り  
片足づつ足踏み  
①~⑧  
①~⑧

### ②ツル

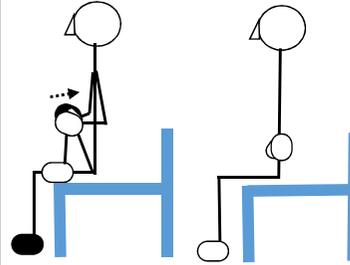


腕を広げて両足前に  
①~④  
①~④

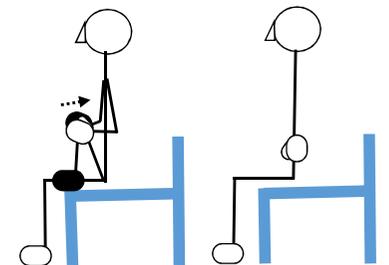


腕を下ろして交差する  
足はもとに戻す  
⑤~⑧  
⑤~⑧

### ③ツル

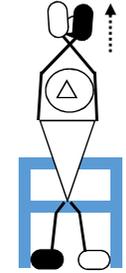


両手でヒザをひきつける  
左足から  
①~⑦  
①~⑦



右足で  
①~⑦  
⑧

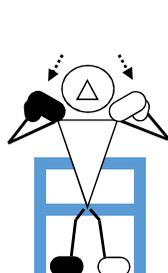
### ④五重塔



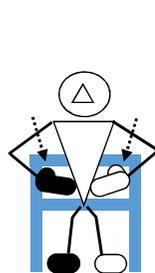
腕を交差して  
しっかり伸びて  
①~④  
①~④



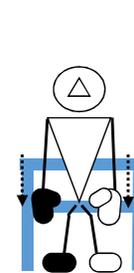
手をあたま  
⑤  
⑤



肩  
⑥  
⑥

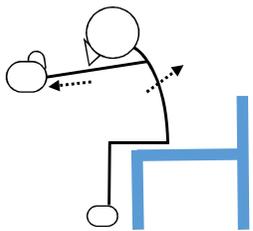


腰  
⑦  
⑦

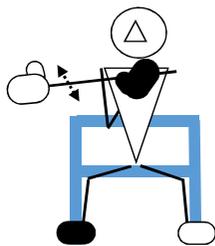


気をつけ  
⑧  
⑧

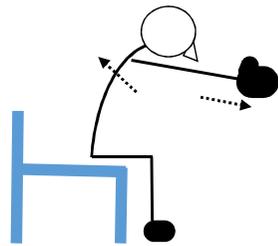
### ⑤こうもり塚



腕を前に組んで  
ねこ背になって足を開く  
①~④  
①~④



肩をのばす  
⑤~⑧  
⑤~⑧

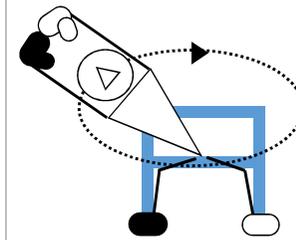


腕を前に組んで  
ねこ背になって  
①~④  
①~④



反対の肩をのばす  
⑤~⑧  
⑤~⑧

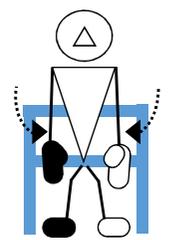
### ⑥鬼の釜



左回り  
①~⑧  
①~⑧

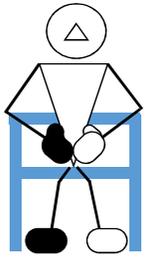


右回り  
①~⑦  
①~⑦

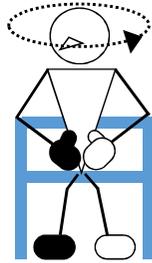


気をつけ  
⑧  
⑧

⑦ウラが首をまわす

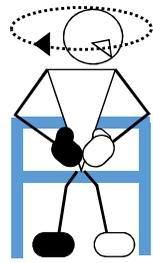


手を腰に添えて  
かまえて



頭を大きく回す

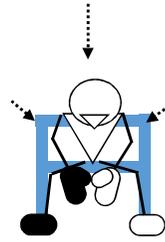
①~⑧



反対まわりで

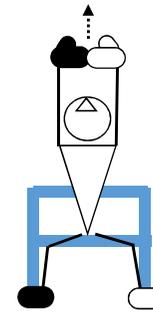
①~⑧

⑧ウラが石を持ち上げる



足を開き  
石を持つイメージで

①~④  
①~④



しっかりのびる

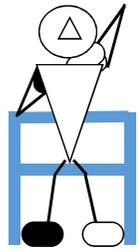
⑤~⑦  
⑤~⑦



気をつけ

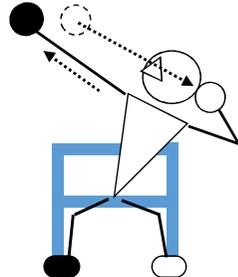
⑧  
⑧

⑨吉備津彦が矢を射る



背中で手を組む  
左手が上から

①~④



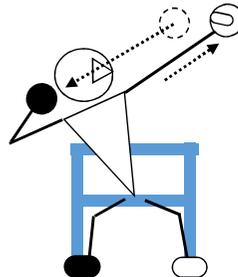
矢を射るように  
左手を引きながら足を開く

⑤~⑧



手を入れ替えて  
背中でさわって

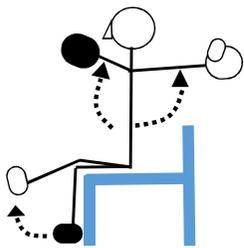
①~④



反対側にも

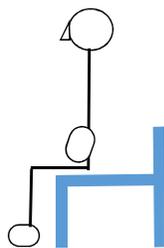
⑤~⑧

⑩ウラがキジになって逃げる



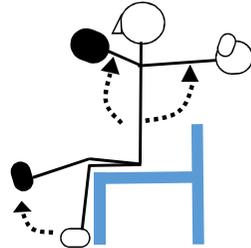
腕を広げて左足を前に

①~⑦



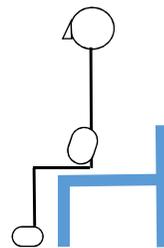
気をつけ

⑧



腕を広げて右足を前に

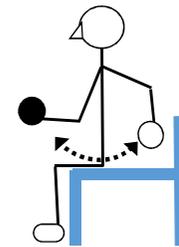
①~⑦



気をつけ

⑧

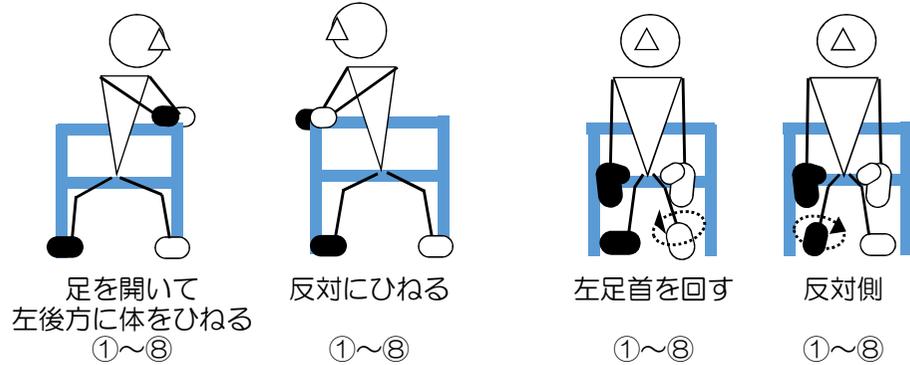
⑪吉備路マラソン



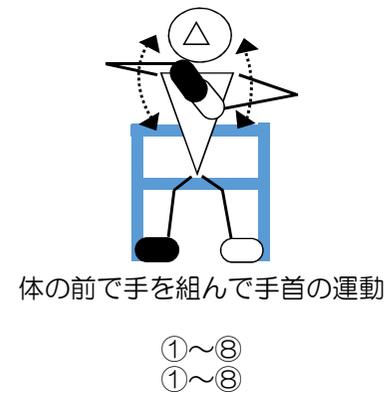
しっかり腕ふり

①~⑧  
①~⑧

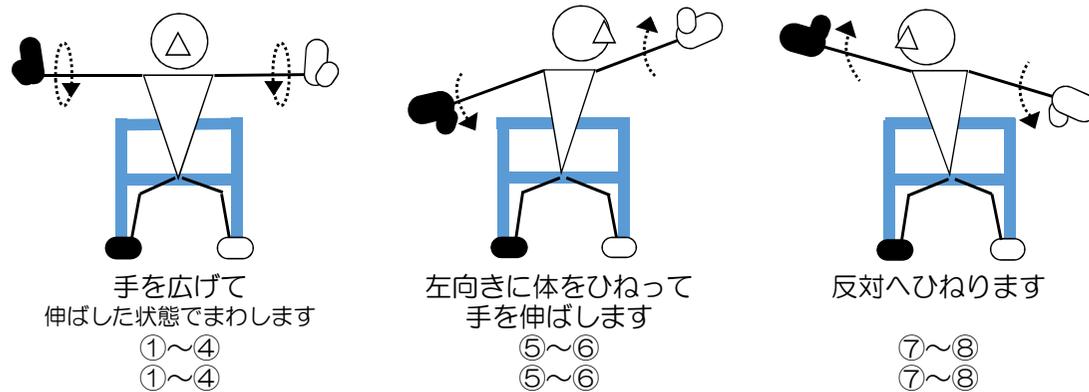
⑫雪舟がねずみを描く



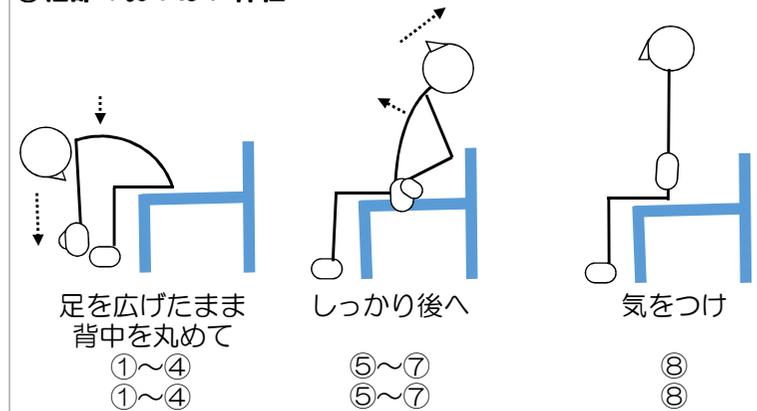
⑬高梁川の流れ



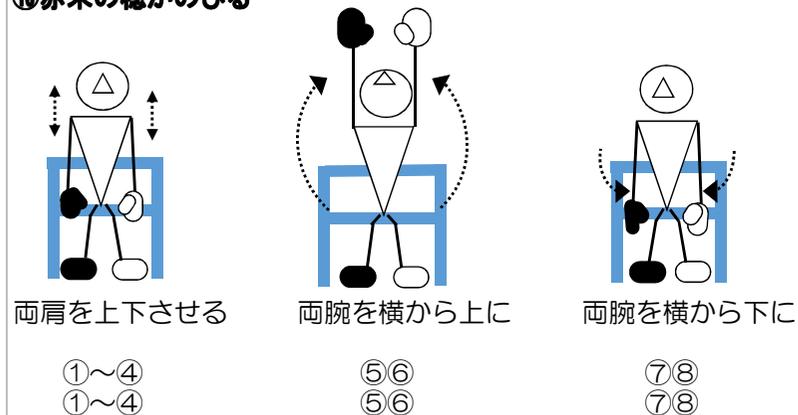
⑭水辺の学校でカヌー



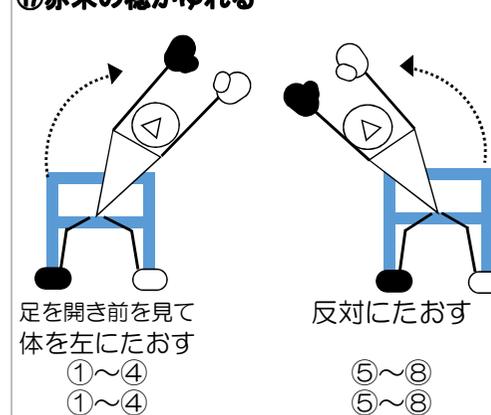
⑮軽部のおっばい神社



⑯赤米の穂がのびる



⑰赤米の穂がゆれる



⑱豪溪のもみじ

