

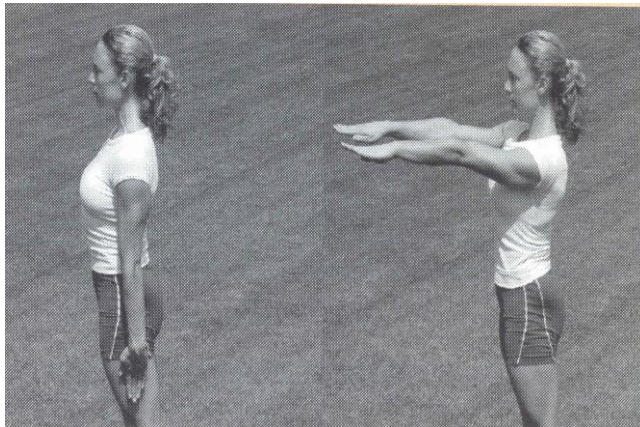
Naloga za delo za 23.3 .in 25. 3. 2020

Spoštovani učenci 3. in 4. razreda

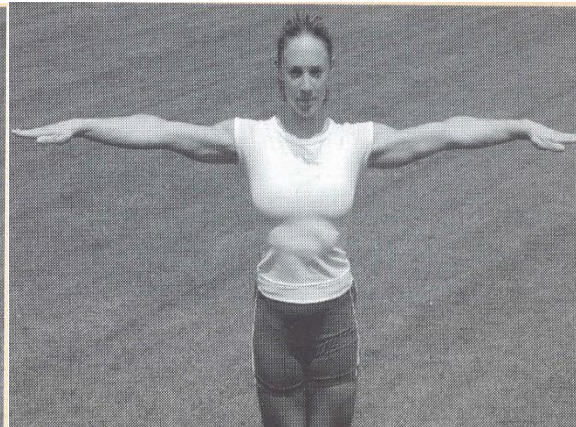
Ponovili bomo teoretično vsebino gimnastike

1. Ura v tednu

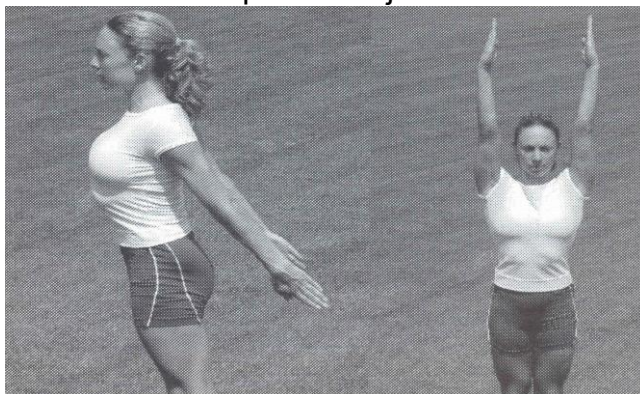
POLOŽAJI TELESA



predročenje

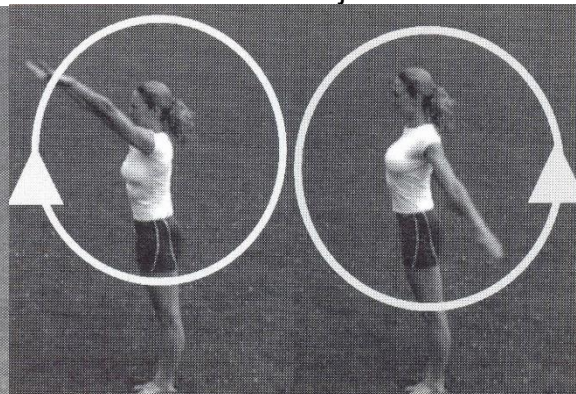


odročenje

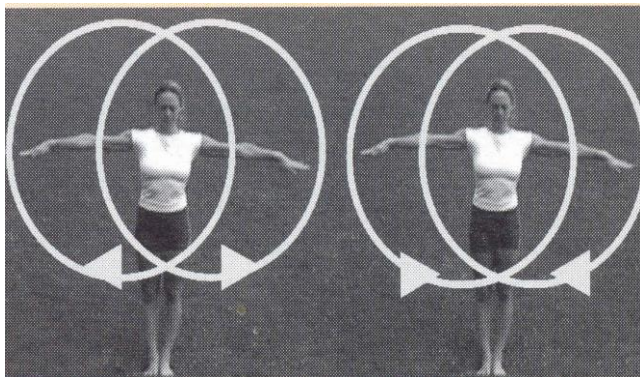


zaročenje

vzročenje



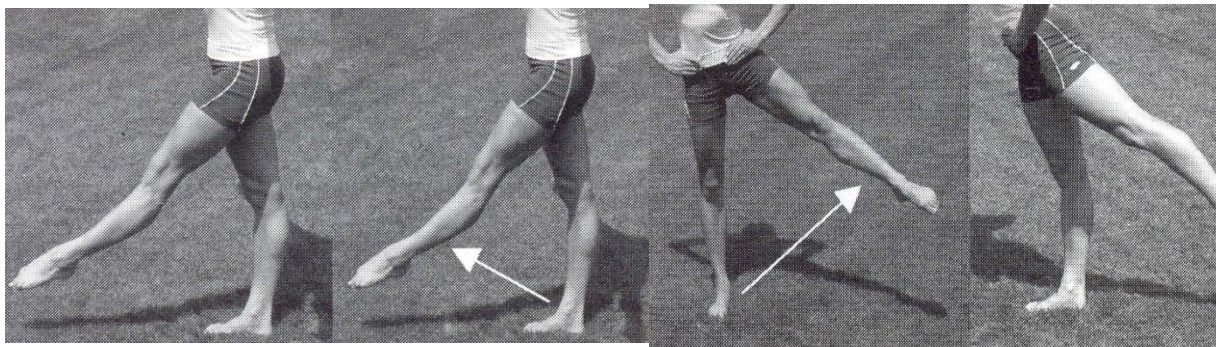
kroženje z rokami nazaj in naprej



kroženje z rokami



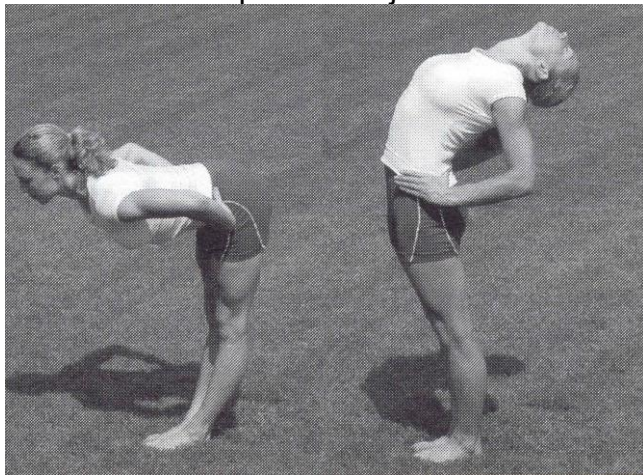
odnoženje



prednoženje

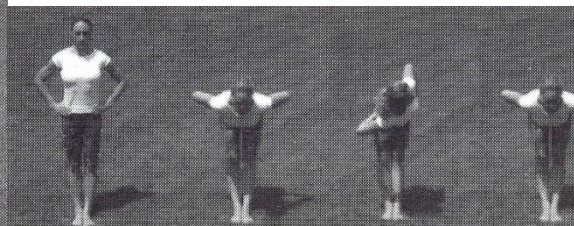
odnoženje

zanoženje

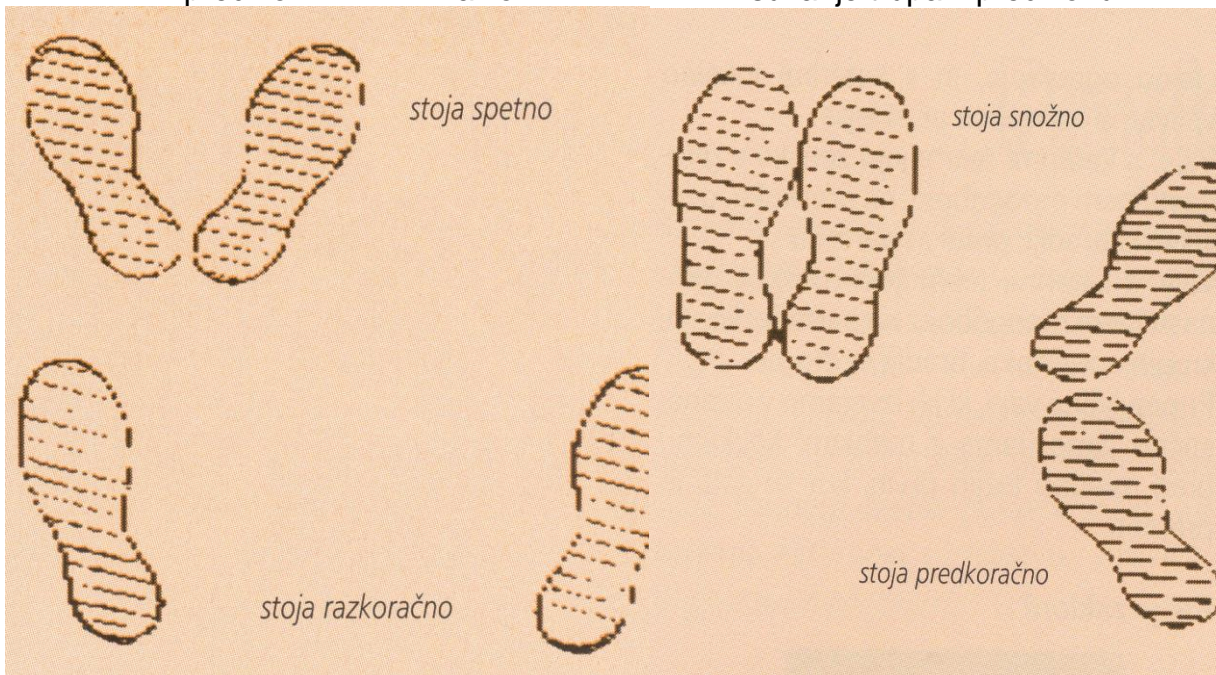


predklon

zaklon



sukanje trupa v predklonu



stoja spetno

stoja snožno

stoja razkoračno

stoja predkoračno

2. Ura

NEKATERI ELEMENTI NA PARTERJU

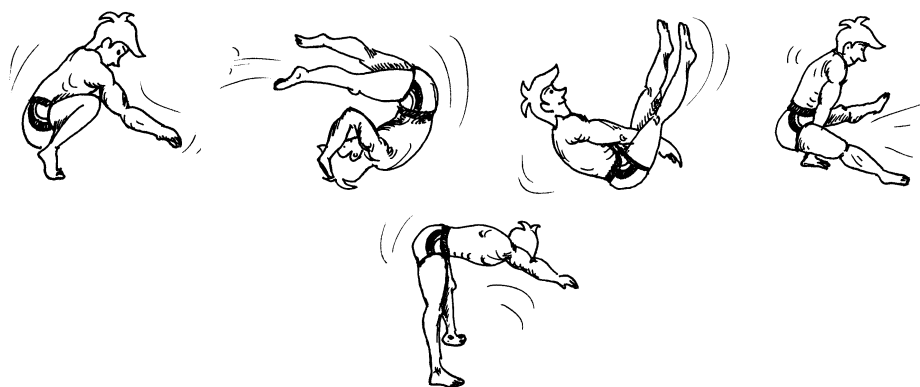
PREVAL NAPREJ



PREVAL NAZAJ



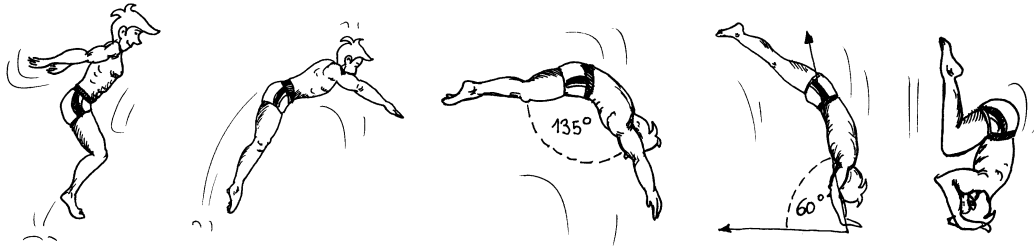
PREVAL NAPREJ RAZNOŽNO



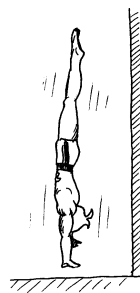
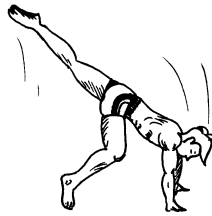
PREVAL NAPREJ ČEZ ENO RAMO



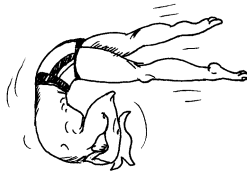
PREVAL LETNO



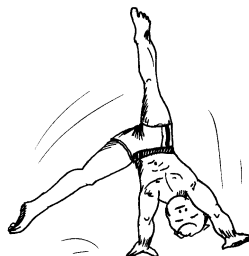
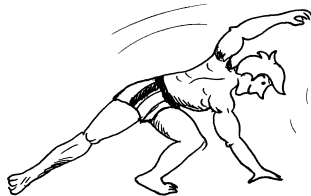
STOJA



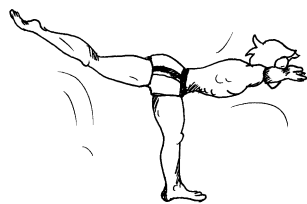
PREVAL NAZAJ V OPORO STOJNO RAZKORAČNO



PREMET V STRAN



RAZOVKA



Poskusi narediti nekatero od vaj, saj smo jih izvajali. Bodi uspešen/na.

Ne pozabite na gibanje in zdravo prehrano ki ohranjata naše zdravje.