

GRADIVO ZA RAZVIJANJE IN TRENING GIBALNIH SPOSOBNOSTI ROK  
(HITROSTI, NATANČNOSTI, KOORDINACIJE), VIDNEGA  
ZAZNAVANJA, POZORNOSTI IN KONCENTRACIJE



Gradivo natisnite, izrežite in plastificirajte. Prilepite ga lahko na mizo, steno ali na tla in tam izvajate naloge v smeri, ki jo določite (krožno, naprej, nazaj itd.). Gib desne in leve roke je lahko isti, lahko pa ga poljubno zamenjate z drugim (oglejte si fotografije na prvi strani). Učenci lahko gibe izvajajo z istočasnim udarjanjem rok ob podlago, na hrbtu drugega, za svojim hrbtom, v zraku ...



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Vanessa



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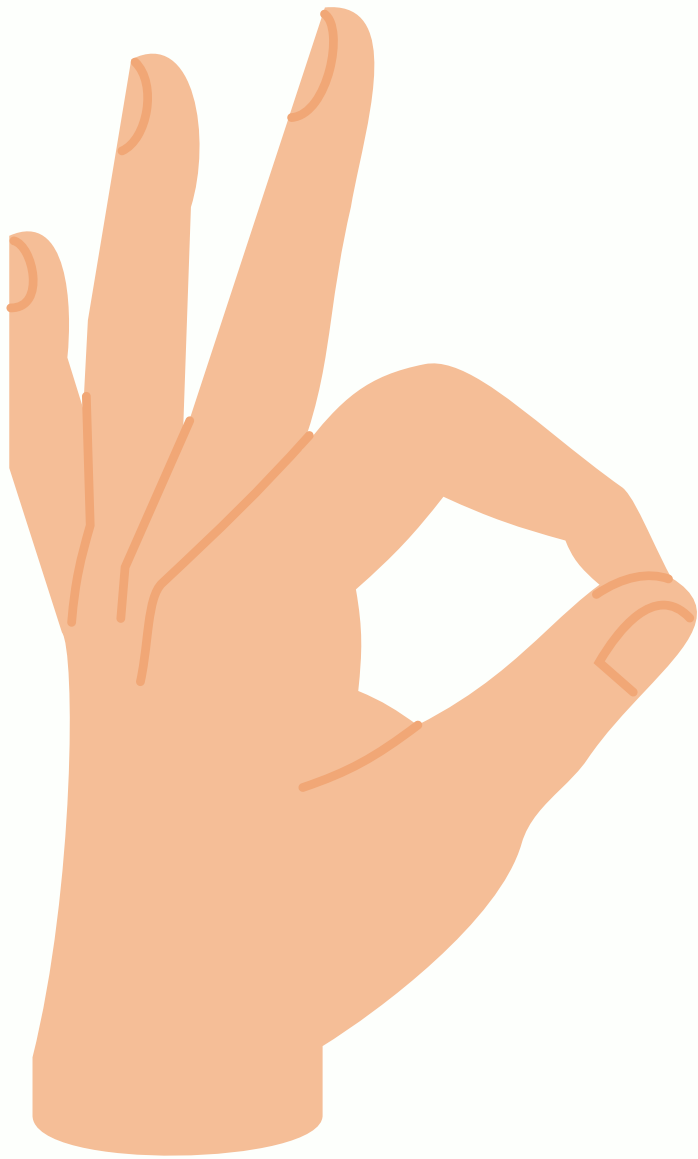
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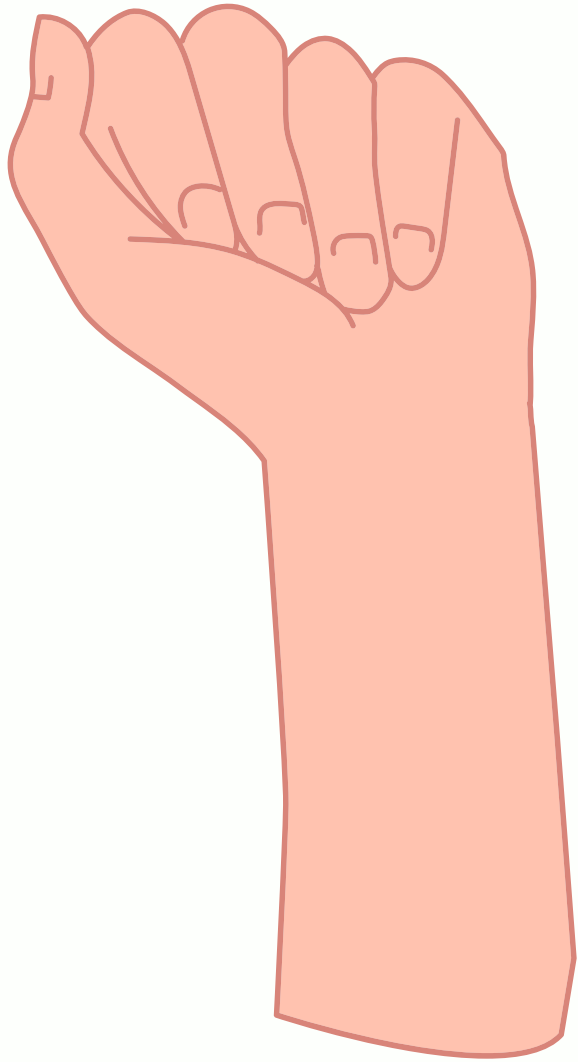


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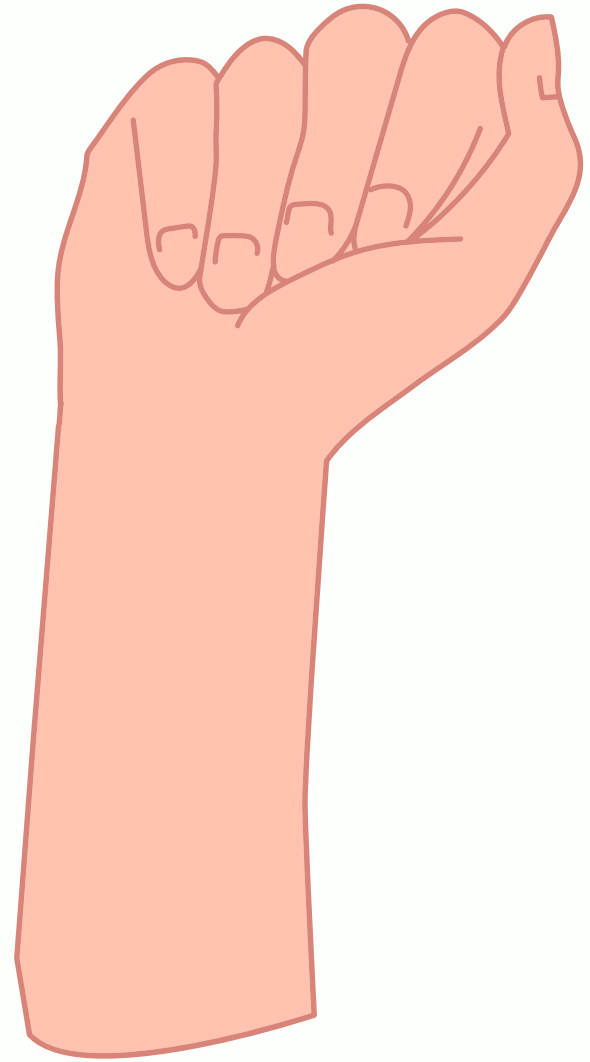


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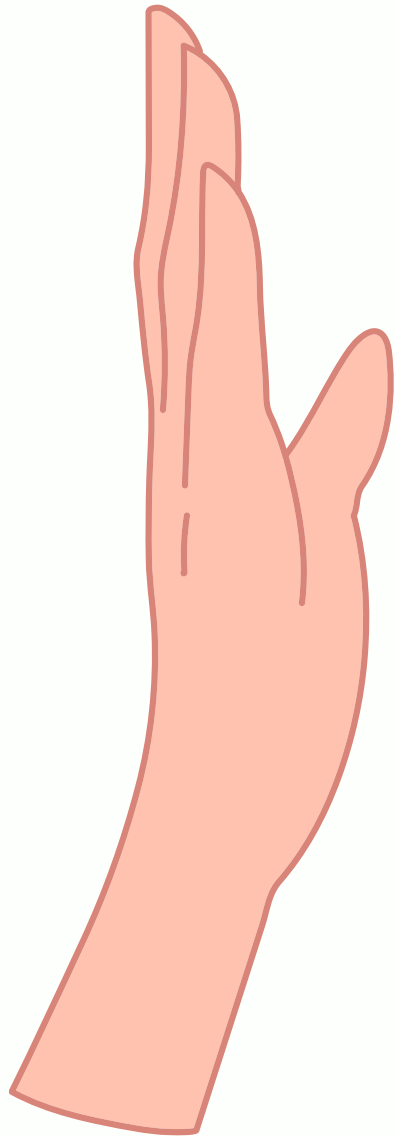




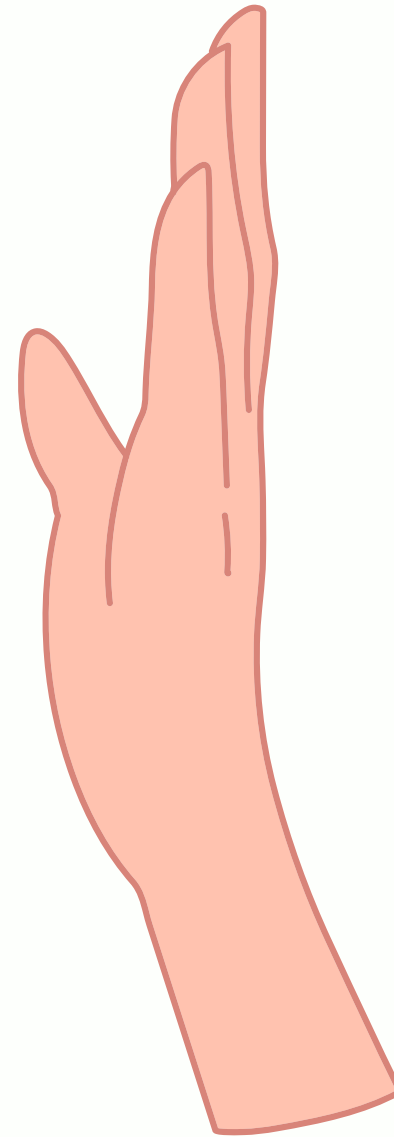
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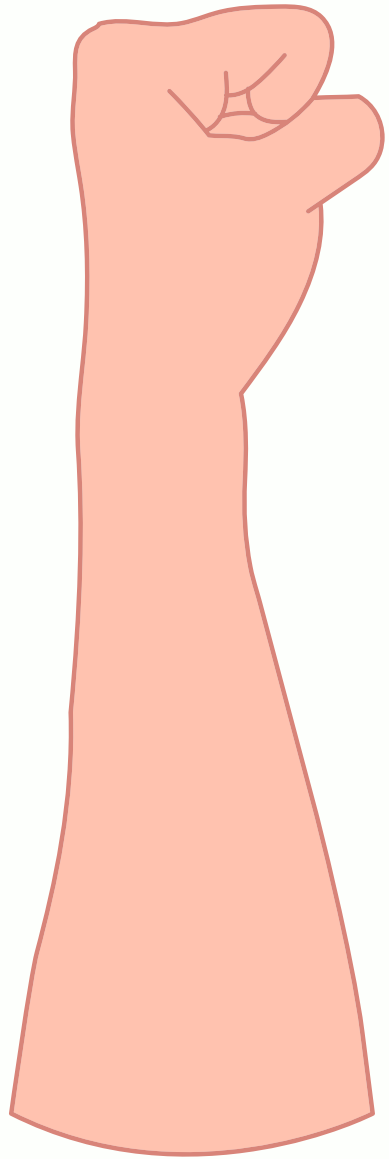
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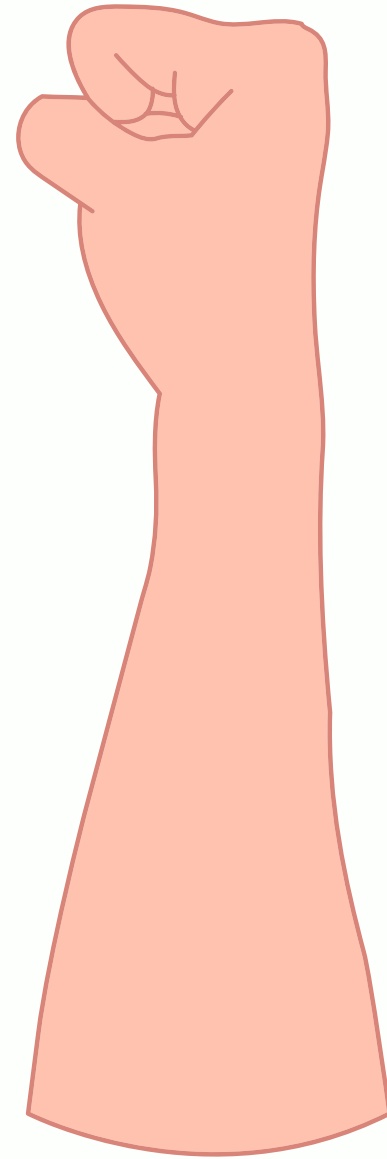
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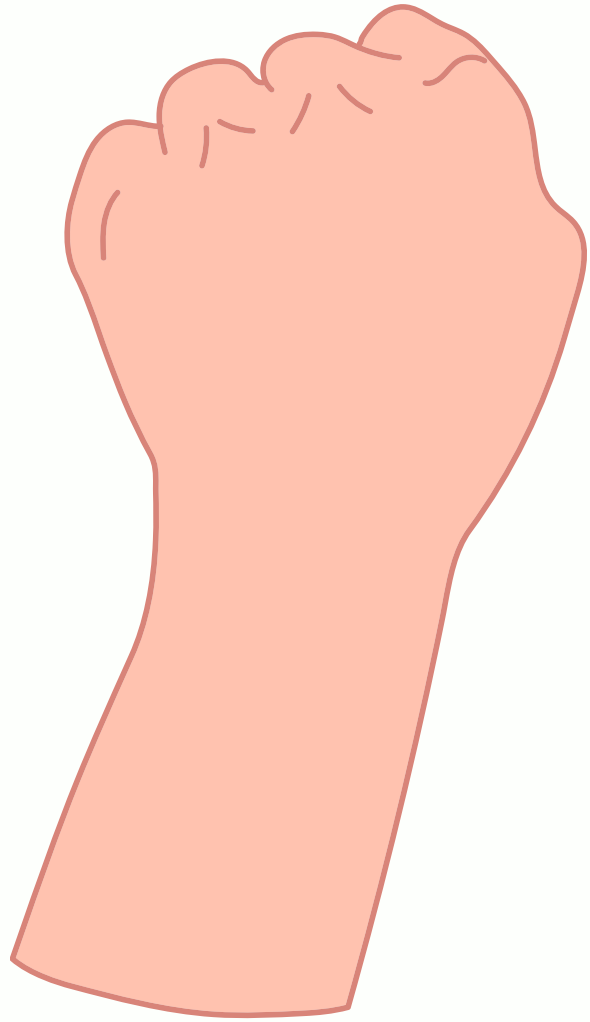
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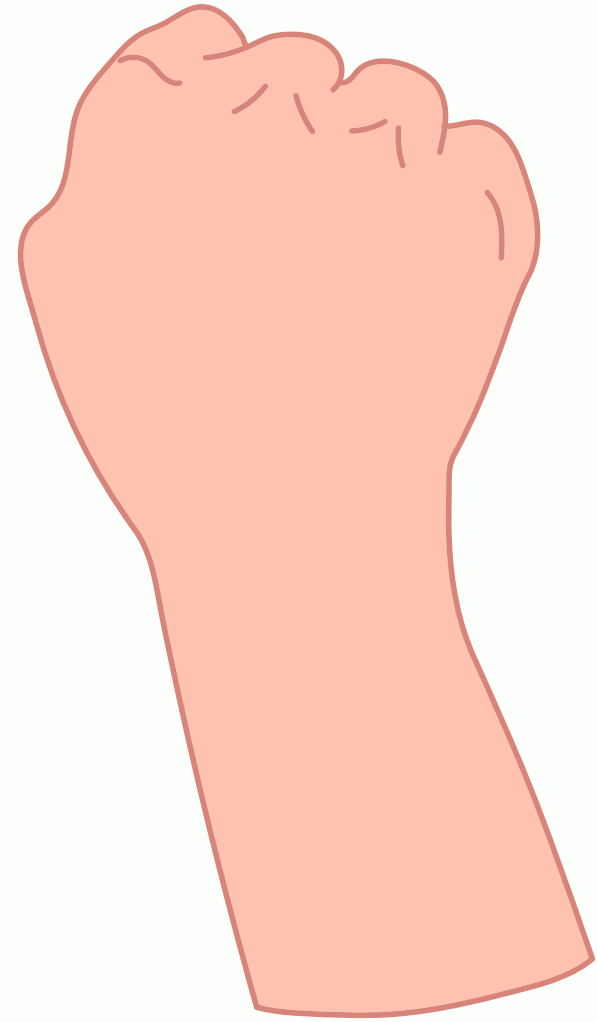
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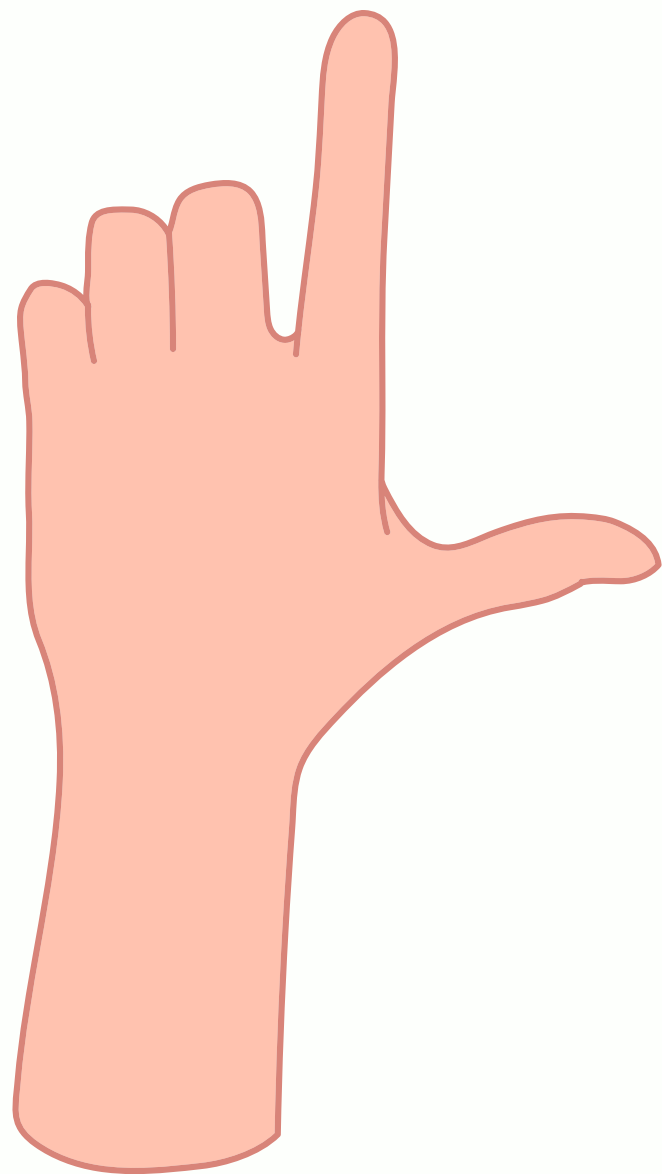
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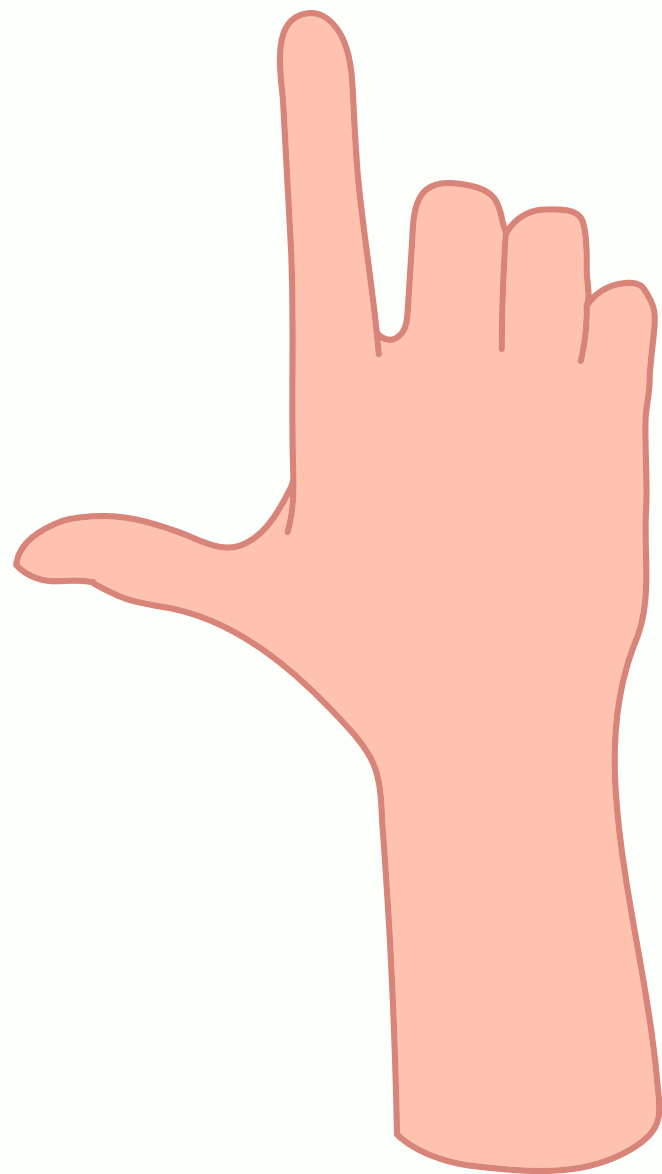
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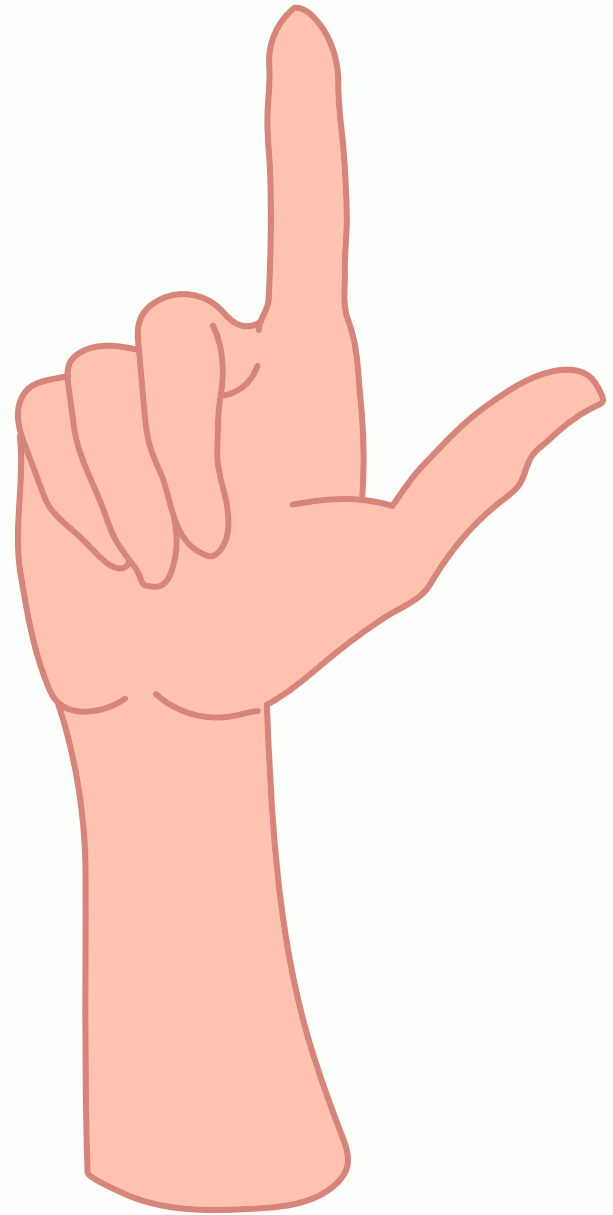
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