**Športna vadba v času šolanja na domu** Ime in priimek: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

V času, ko v šoli ne moremo imeti športa, lahko veliko narediš sam-a doma in s svojo družino. V tabelo vpisuj točke za vsako športno dejavnost, ki jo boš izvedel-a. Ko boš dosegel-a 100 točk, dobiš nagrado (odlično oceno pri športu). Učiteljici pošlji izpolnjen list.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Vrsta vadbe | | PO  6.4.20 | TO  7.4.20 | SR  8.4.20 | ČE  9.4.20 | PE  10.4.20 | SO  11.4.20 | NE  12.4.20 | PO  13.4.20 | TO  14.4.20 | SR  15.4.20 | ČE  16.4.20 | PE  17.4.20 | SO  18.4.20 | NE  19.4.20 |
| Pohod v naravi 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tek v naravi 15 min | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kolesarjenje 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rolanje 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Igre z žogo- podaje | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Metanje žogice v cilj | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ples 10 min | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gimnastične vaje | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vaje za pravilno držo | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poskoki s kolebnico 100 X | 8 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Športni treningi | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Vrsta vadbe | | PO  20.4.20 | TO  21.4.20 | SR  22.4.20 | ČE  23.4.20 | PE  24.4.20 | SO  25.4.20 | NE  26.4.20 |  |  |  |  |  |  |  |
| Pohod v naravi 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tek v naravi 15 min | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kolesarjenje 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rolanje 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Igre z žogo- podaje | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Metanje žogice v cilj | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ples 10 min | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Gimnastične vaje | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vaje za pravilno držo | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poskoki s kolebnico 100 X | 8 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Športni treningi | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |