**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 150 točk, dobiš nagrado (odlično oceno pri športu). Učiteljici še naprej pošiljaj izpolnjen list.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Vrsta vadbe | | PO  4.5.20 | TO  5.5.20 | SR  6.5.20 | ČE  7.5.20 | PE  8.5.20 | SO  9.5.20 | NE  10.5.20 | PO  11.5.20 | TO  12.5.20 | SR  13.5.20 | ČE  14.5.20 | PE  15.5.20 | SO  16.5.20 | NE  17.5.20 |
| Pohod v naravi 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tek v naravi 30 min | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fartlek čez 7 mostičkov (hoja+tek+razne vaje) 40 min | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kolesarjenje 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rolanje 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Igre z žogo- podaje z nogo | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Podaje in streli žoge v cilj 30 x | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Badminton 100 podaj | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Namizni tenis 30 min | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poskoki s kolebnico 100 X | 8 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vožnja s skirojem 0,5 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Vrsta vadbe | | PO  18.5.20 | TO  19.5.20 | SR  20.5.20 | ČE  21.5.20 | PE  22.5.20 | SO  23.5.20 | NE  24.5.20 |  |  |  |  |  |  |  |
| Pohod v naravi 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Tek v naravi 30 min | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Fartlek čez 7 mostičkov (hoja+tek+razne vaje) 40 min | 10 T |  |  |  |  |  |  |  |  |  |  |  |  | Kaj pomeni **fartlek**, si preberi v naslednji povezavi: <https://www.delo.si/polet/program-vadbe-zakaj-je-fartlek-najboljsa-poletna-tekaska-opcija-182053.html> |  |
| Kolesarjenje 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Rolanje 1 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Igre z žogo- podaje z nogo | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Podaje in streli žoge v cilj 30 x | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Badminton 100 podaj | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Namizni tenis 30 min | 5 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Poskoki s kolebnico 100 X | 8 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Vožnja s skirojem 0,5 h | 10 T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |