

## **PLAN –PROGRAMI MËSIMOR ORIENTUES I LËNDES EDUKATË FIZIKE DHE SPORTIVE KLASA E DYTË**

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**GJITHSEJ**

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### **Objektivat:**

- Ndikimi në zhvillimin e trupit të nxënësit në kushtëzim të ndryshimit të kushteve të jetës së më parme të nxënësit.
- Zhjvillimi i aftësive të përgjithëshme lëvizore .
- Zhvillimi i elementeve ritmike dhe të vallzimit
- Plotësimi i motiveve parësore të nxënësve që janë të nevojshme për lëvizje dhe lojë.
- Ndikimi i në funksionimin e drejtë të shprehive higjenike sipas kushteve të jetesës.

### **RRADHITJE ORIENTUESE E NJËSIVE MËSIMORE**

1. Ecje dhe vrapime të lira
2. Lojë elementare për zhvillimin e shkathësisë-shkopi pingul,shkopi stafetë në rrokullisje
3. Ecje majtas djathtas dhe me qëndrim të drejtë nëpër katror të renditur njëri pas tjetrit
4. Vrapim me përshkim të figurave me ndërrim të ritmit.Mjetet kronometri dhe flamuri

# Planprogrami Mesimor Per Fizike

**CO Houle**



**Planprogrami Mesimor Per Fizike:**

## **Planprogrami Mesimor Per Fizike** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Planprogrami Mesimor Per Fizike**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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