

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

| | |
|--|----|
| 1. Temat mësimore | |
| 2. Lëvizjet natyrore | 20 |
| 3. Atletika..... | 10 |
| 4. Gjimnastika ritmike dhe sportive..... | 15 |
| 5. Manipulimi dhe loja me rekuizita..... | 15 |
| 6. Noti..... | 5 |
| 7. Pikniku dhe marshuta..... | 5 |
| 8. Kontrollimet e aftësive psikomotorike | 4 |

GJITHSEJ

74

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

Peipei Pang



Planprogrami Mesimor Per Fizike:

Zhvillimi i shkollës fillore shqipe në Republikën e Maqedonisë 1945-1975 Avzi Mustafa,1998 **Vendi dhe roli i**
mësimit të historisë në arsimin fillor në Republikën e Maqedonisë Sefadin Xh Elezi,2003 **Islami Dhe Kriza E**
Identitetit Nexhat S. Ibrahimi,2004

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Experience Loveis Journey in **Planprogrami Mesimor Per Fizike** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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Table of Contents Planprogrami Mesimor Per Fizike

1. Understanding the eBook Planprogrami Mesimor Per Fizike
 - The Rise of Digital Reading Planprogrami Mesimor Per Fizike
 - Advantages of eBooks Over Traditional Books
2. Identifying Planprogrami Mesimor Per Fizike
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Planprogrami Mesimor Per Fizike
 - User-Friendly Interface
4. Exploring eBook Recommendations from Planprogrami Mesimor Per Fizike
 - Personalized Recommendations
 - Planprogrami Mesimor Per Fizike User Reviews and Ratings
 - Planprogrami Mesimor Per Fizike and Bestseller Lists
5. Accessing Planprogrami Mesimor Per Fizike Free and Paid eBooks
 - Planprogrami Mesimor Per Fizike Public Domain eBooks
 - Planprogrami Mesimor Per Fizike eBook Subscription Services
 - Planprogrami Mesimor Per Fizike Budget-Friendly Options
6. Navigating Planprogrami Mesimor Per Fizike eBook Formats

- ePub, PDF, MOBI, and More
- Planprogrami Mesimor Per Fizike Compatibility with Devices
- Planprogrami Mesimor Per Fizike Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Planprogrami Mesimor Per Fizike
 - Highlighting and Note-Taking Planprogrami Mesimor Per Fizike
 - Interactive Elements Planprogrami Mesimor Per Fizike
- 8. Staying Engaged with Planprogrami Mesimor Per Fizike
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Planprogrami Mesimor Per Fizike
- 9. Balancing eBooks and Physical Books Planprogrami Mesimor Per Fizike
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Planprogrami Mesimor Per Fizike
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Planprogrami Mesimor Per Fizike
 - Setting Reading Goals Planprogrami Mesimor Per Fizike
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Planprogrami Mesimor Per Fizike
 - Fact-Checking eBook Content of Planprogrami Mesimor Per Fizike
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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