

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

1. Temat mësimore	
2. Lëvizjet natyrore .....	20
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**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

**PT Brinkman**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the PT Brinkman text.

**Planprogrami Mesimor Per Fizike:**

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

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