

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

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GJITHSEJ

74

Objektivat:

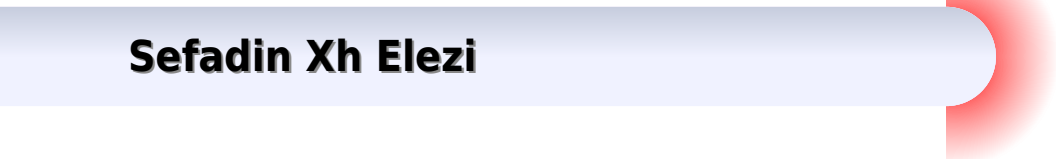
- Ndikimi në zhvillimin e trupit të nxënësit në kushtëzim të ndryshimit të kushteve të jetës së më parme të nxënësit.
- Zhjvillimi i aftësive të përgjithëshme lëvizore .
- Zhvillimi i elementeve ritmike dhe të vallzimit
- Plotësimi i motiveve parësore të nxënësve që janë të nevojshme për lëvizje dhe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

Sefadin Xh Elezi



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Zhvillimi i shkollës fillore shqipe në Republikën e Maqedonisë 1945-1975 Avzi Mustafa, 1998
mësimit të historisë në arsimin fillor në Republikën e Maqedonisë Sefadin Xh Elezi, 2003
Identitetit Nexhat S. Ibrahimi, 2004

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