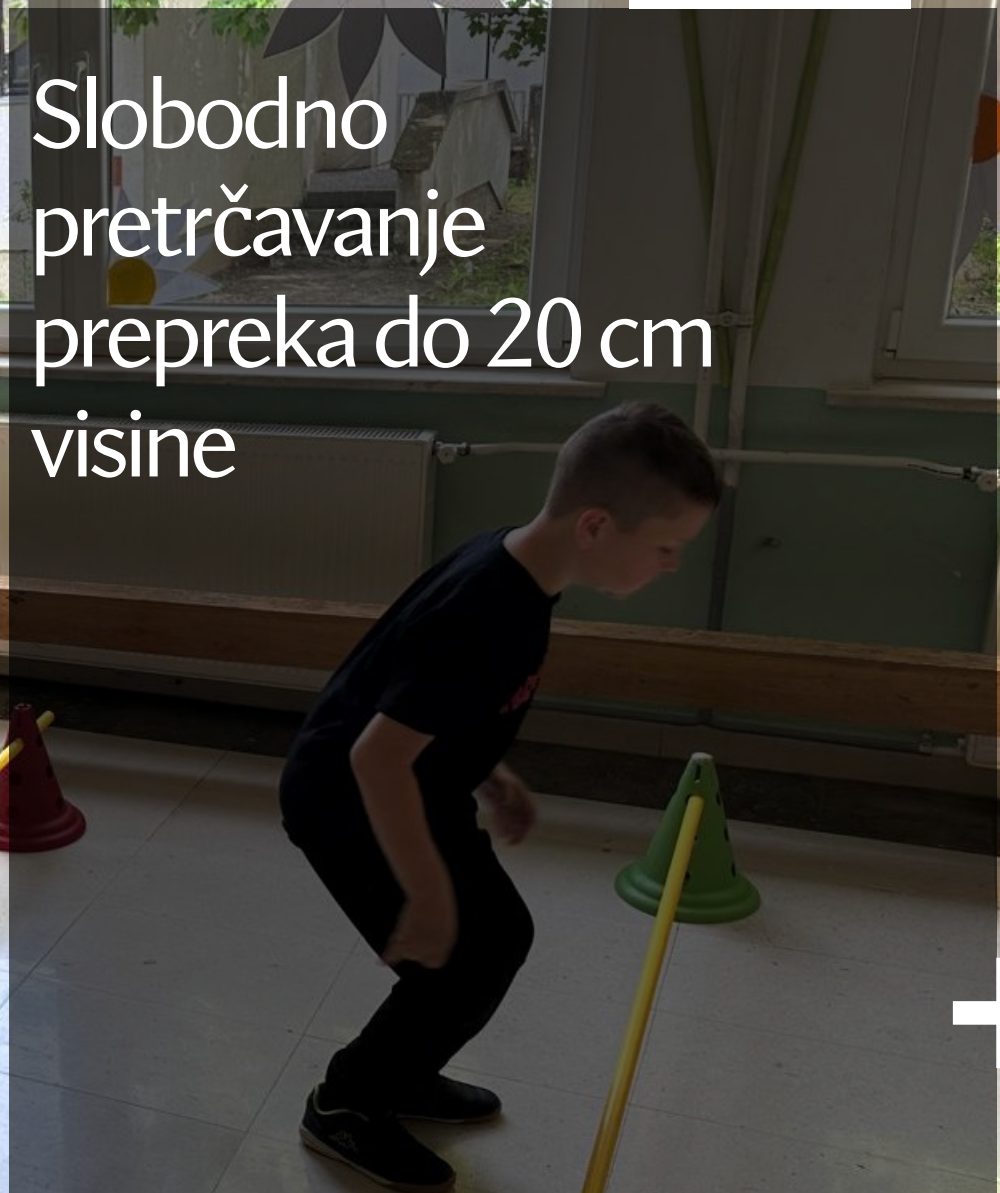




# Poligon za tjelesnu aktivnost

OŠ "Davorin Trstenjak"  
Čađavica PŠ Sopje

Učenici od 1. do 4. razreda



Slobodno  
pretrčavanje  
prepreka do 20 cm  
visine



A photograph showing three children crawling on a yellow mat on a tiled floor. The mat is flanked by two large, colorful arches: a yellow one on the left and a pink one on the right. Each arch is supported by a base. A girl in a pink shirt is crawling under the yellow arch, a boy in a black jacket is crawling in the middle, and a girl in a blue hoodie is crawling under the pink arch. In the background, two adults are standing, one wearing colorful patterned leggings and the other wearing pink leggings. A yellow trash bin with the word 'PLASTIKA' is visible in the upper left corner. A white horizontal bar is in the upper right, and a white plus sign is in the lower right.

Puzanje i provlačenje na različite načine



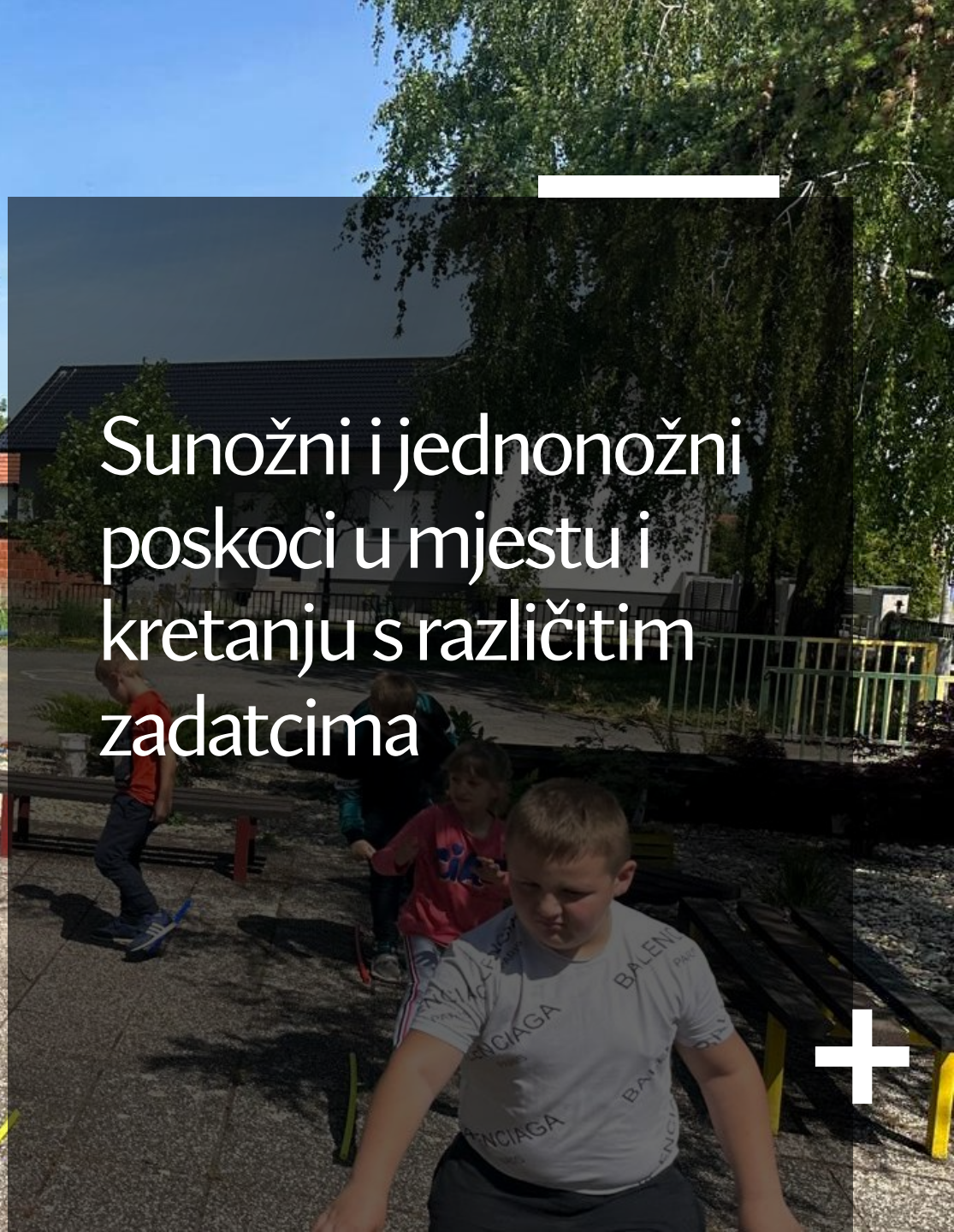
Dodavanje i hvatanje lopte u kretanju





Dječji poskoci preko poligona  
prepreka





Sunožni i jednonožni  
poskoci u mjestu i  
kretanju s različitim  
zadacima



Dodavanje i hvatanje lopte u odbojkaškom stavu





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Gađanje lopticom  
ili pomagalom u cilj s  
razliĉitih udaljenosti



# Vježbe oblikovanja s pomagalima



# Bacanje lakših lopti uvis na različite načine

