

Imię i nazwisko:
Grupa: gr 6

Konspekt lekcji

Klasa V, szkoła podstawowa

Temat: Skok wzwyż

Cele szczegółowe:

U: Uczeń zna podstawową technikę wykonania skoku wzwyż

S: Uczeń pracuje nad odpowiednim odbiciem, rozbiegiem, lądowaniem

W: Uczeń wie, że powtarzanie elementów skoku wzwyż pozwoli mu opanować cały skok

P: Uczeń musi być pewny siebie przy wykonywaniu skoków

Warunki prowadzenia lekcji:

Miejsce zajęć : Sala gimnastyczna

Data: 11.05.2023

Czas trwania: 25min

Liczba ćwiczących : 26

Przybory dydaktyczne : materace, znaczniki, poprzeczka lub sznur w zależności od sprzętu szkoły, ławeczka

Treść ćwiczeń	Interpretacja ćwiczeń	Cele szczegółowe	Uwagi
CZĘŚĆ GŁÓWNA – 25 minut			
Tor przeszkód	1. Wykonujemy opady ciała na jedną nogę oraz wybicia jedną nogą do góry.	Wybór nogi odbijającej	
Tor przeszkód	2. robimy skok nad linią w celu wyczucia wybicia oraz doświadczyć która noga będzie dla nas lepsza i cały czas doskonalimy	Wyczucie momentu wyskoku	
Tor przeszkód	3. Po wykonaniu skoków wzdłuż linii przebiegamy do nauki rozbiegu i przy ustawionych znacznikach wykonujemy rozbieg oraz skok wzwyż na materac i przebiegamy na koniec kolejki do początku toru.	Doskonalenie rozbiegu	
Tor przeszkód	4. Tor kodczymy skokiem który co jakiś czas będzie modyfikowany zgodnie z trudnością. Zaczynamy od Skoku nożycowego z jednego kroku na materac 2min . Skok nożycowy po trzech krokach na materac 2min . Skok nożycowy po trzech krokach w szybszym tempie na materac nad nisko ustawioną gumą. 2min Skok nożycowy po rozbiegu w szybszym tempie na materac nad nisko ustawioną gumą. 2min Skok nożycowy po rozbiegu w szybszym tempie na materac nad stopniowo podwyższaną gumą w zależności od poziomu dzieci ustawioną gumą.	w- dzieci nauczą się odpowiedniej techniki odbicia rozbiegu oraz lotu skoku wzwyż techniką naturalną	
Tor przeszkód	5. Przy drabinkach robimy zwis tyłem do drabinki	s- siła obręcz barkowej oraz dłoni	15s – chyba że ktos da radę dłużej

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