

Fusha: Edukimi Fizik Sporte dhe Shëndet		Lëndë: Edukimi Fizik Sporte dhe Shëndet		Shkalla	Klasa
Tematika: Edukimi nepermjet aktiviteteve fizike (atletike)				Situata e të nxënës:	
TEMA:				njohja e kërkesave kryesore të rregullres teknike të vrapimeve të gjata. Përmirësimi i kapacitetit aerobik.	
Rezultatet e të nxënës për fushë/lëndë që synohen të realizohen. nxënës:				Fjala Kyçe:	Mjetet:
- Njih kërkesat kryesore teknike të vrapimeve në stafete - Kuptojnë e zbatojnë menyrën e rregullt të ndërrimit të shklopit - Realizojnë skemën e plotë levizore e teknike të vrapimit me stafete				vrapim, distance,kapacitet, teknike	bilbil, pengesa të ndryshme, kronometër
Lidhja me lëndët e tjera: shkencat, gjuhë e komunikim				Burimet: Program i lëndës Metodika e Didaktika e Edukimit fizik	
Pjesë	Zhvillimi i orës	Koha totale	Koha totale	Udhëzimet metodike	
Përgjithë	Organizimi i klases për mësim Prezantimi i temës, njohja me situatën e të nxënës Zhvillimi i nxehjes së organizmit me anë të ushtrimeve përgatitore të përgjithshme Zhvillimi i ushtrimeve speciale në përmbajtje të temës	3' 6' 6'	15'	Evidencimi i pjesëmarrjes,uniformës,dhe gjendjes shëndetsore. Kryerja e ushtrimeve të nxehjes: vrapim i lehtë Ushtrime të përgjithshme për nxehje: nxehja e gjymtyrëve të sipërme, tringut dhe të poshtme. Ushtrime speciale: manipulim levizjesh.	
Thënë	Shpjegojmë dhe demonstrim i teknikes se vrapimit me fokus sinkronizimin e pjesëve të trupit. Ushtrimi 1. Ndarja e klases në dy grupe, vendosen në dy rreshta krahe njëri- tjetrit. Mësimi i ndërrimit të shklopit Ushtrimi 2. Ndarja e klases në dy grupe, Vrapim duke në distance duke realizuar ndërrimin e shklopit. Ushtrimi 3. Situata gare. Ndarja e klases në dy grupe. Vendosen në dy kolona kryerja e stafetes në distace të caktuara.	5' 5' 5' 10'	25'	Prezantohet elementi që do të mësohet, si dhe një informacion i shkurtër mbi disiplinën atletikore dhe përkohshëm vrapimin në stafete. Demonstrohet vrapimi duke u fokusuar jo vetëm në ekzekutimin e sakte teknik të teknikes. Ushtrimi 1: Vëmendja përqendrohet tek zbatimi me korrektesi i teknikes se vrapimit duke paturparasysh skemën e të mësuarit "korrigjim-zbatim". Ushtrimi 2: Vëmendja përqendrohet tek zbatimi me korrektesi i teknikes se vrapimit dhe në menyrën e ndërrimit të shklopit Ushtrimi 3: Vëmendja përqendrohet tek zbatimi me korrektesi i teknikes se vrapimit edhe pse duke veshitëse rritet pasi situata e gare kërkon realizimin sa më shpejt të vrapimit në stafete.	
Mbyllja	Organizimi i ushtrimeve të qetësisë rregullimi i frymëmarrjes dhe streçing pasiv. Konkluzionet mbi orën dhe efektivitetin të saj. Shoqërimi i klases.	3' 2'	5'	Eje mbi fushën për kthimin e organizmit në gjendjen fillestare Ushtrime pasive streçingu për të gjithë trupin. Diskutim dhe analizë e orës dhe nxjerrje e konkluzioneve dhe detyrave për orën e ardhshme.	
Vlerësimi : Gjate orës përdoren fjale inkurajuese dhe bashkëpunuese. Vlerësimi i arritjeve të orës dhe i nxënësve që u prezantuan më mirë. N 2 : Demonstron pjesërisht kërkesat levizore teknike të vrapimit me stafete N 3 : Zbaton kërkesat levizore e teknike por nuk arrin rezultatit e dëshiruar N 4 : Ekzekuton dhe arrin rezultatit sipas kërkesave levizore e teknike të vrapimeve me stafete					

Historia 7 Plan Ditar A 94

Lei Huang



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In some sort of inundated with displays and the cacophony of instant transmission, the profound energy and emotional resonance of verbal artistry usually diminish into obscurity, eclipsed by the constant assault of noise and distractions. Yet, set within the musical pages of **Historia 7 Plan Ditar A 94**, a interesting perform of fictional splendor that impulses with organic emotions, lies an unique trip waiting to be embarked upon. Published with a virtuoso wordsmith, this enchanting opus manuals visitors on a psychological odyssey, delicately exposing the latent potential and profound impact embedded within the complex web of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is key subjects, dissect their fascinating publishing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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Table of Contents Historia 7 Plan Ditar A 94

1. Understanding the eBook Historia 7 Plan Ditar A 94
 - The Rise of Digital Reading Historia 7 Plan Ditar A 94
 - Advantages of eBooks Over Traditional Books
2. Identifying Historia 7 Plan Ditar A 94
 - 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 Historia 7 Plan Ditar A 94
 - User-Friendly Interface
4. Exploring eBook Recommendations from Historia 7 Plan Ditar A 94
 - Personalized Recommendations

- Historia 7 Plan Ditar A 94 User Reviews and Ratings
- Historia 7 Plan Ditar A 94 and Bestseller Lists
- 5. Accessing Historia 7 Plan Ditar A 94 Free and Paid eBooks
 - Historia 7 Plan Ditar A 94 Public Domain eBooks
 - Historia 7 Plan Ditar A 94 eBook Subscription Services
 - Historia 7 Plan Ditar A 94 Budget-Friendly Options
- 6. Navigating Historia 7 Plan Ditar A 94 eBook Formats
 - ePub, PDF, MOBI, and More
 - Historia 7 Plan Ditar A 94 Compatibility with Devices
 - Historia 7 Plan Ditar A 94 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Historia 7 Plan Ditar A 94
 - Highlighting and Note-Taking Historia 7 Plan Ditar A 94
 - Interactive Elements Historia 7 Plan Ditar A 94
- 8. Staying Engaged with Historia 7 Plan Ditar A 94
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Historia 7 Plan Ditar A 94
- 9. Balancing eBooks and Physical Books Historia 7 Plan Ditar A 94
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Historia 7 Plan Ditar A 94
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Historia 7 Plan Ditar A 94
 - Setting Reading Goals Historia 7 Plan Ditar A 94
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Historia 7 Plan Ditar A 94
 - Fact-Checking eBook Content of Historia 7 Plan Ditar A 94

- 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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