

# Harmonogram zajęć w ramach programu "Szcypiornista Szkoła"

## PAŹDZIERNIK

|          |                         |
|----------|-------------------------|
| Miejsce: | Szkoła Podstawowa nr 80 |
| Trener:  | Magdalena Dulewska      |

### TYDZIEŃ I

|       | PONIEDZIAŁEK | WTOREK | ŚRODA | CZWARTEK | PIĄTEK | SOBOTA | NIEDZIELA  |
|-------|--------------|--------|-------|----------|--------|--------|------------|
|       |              |        |       |          |        |        | 2017-10-01 |
| 09:00 |              |        |       |          |        |        |            |
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### TYDZIEŃ II

|       | PONIEDZIAŁEK | WTOREK     | ŚRODA                                                                         | CZWARTEK   | PIĄTEK                                                          | SOBOTA     | NIEDZIELA  |
|-------|--------------|------------|-------------------------------------------------------------------------------|------------|-----------------------------------------------------------------|------------|------------|
|       | 2017-10-02   | 2017-10-03 | 2017-10-04                                                                    | 2017-10-05 | 2017-10-06                                                      | 2017-10-07 | 2017-10-08 |
| 09:00 |              |            |                                                                               |            |                                                                 |            |            |
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| 15:00 |              |            | Tor przeszkód - kształtowanie szybkości, zwinności i siły. Gry rzutne. KL.5-7 |            | Doskonalenie podań i chwytu piłki w biegu. Atak szybki. KL.5-7. |            |            |
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**TYDZIEŃ III**

|       | PONIEDZIAŁEK<br>2017-10-08 | WTOREK<br>2017-10-09 | ŚRODA<br>2017-10-11                                                            | CZWARTEK<br>2017-10-11 | PIĄTEK<br>2017-10-13                                                                                      | SOBOTA<br>2017-10-13 | NIEDZIELA<br>2017-10-14 |
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| 09:00 |                            |                      |                                                                                |                        |                                                                                                           |                      |                         |
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| 15:30 |                            |                      | Doskonalenie<br>zwodów bez<br>piłki. Rzut po<br>podaniu. Gra<br>szkolna kl.5-7 |                        | Doskonalenie<br>koźłownia ze<br>zmianą ręki i<br>kierunku biegu-<br>wyscigi rzędów. Gra<br>szkolna kl.4-7 |                      |                         |
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**TYDZIEŃ IV**

|       | PONIEDZIAŁEK<br>2017-10-15 | WTOREK<br>2017-10-16 | ŚRODA<br>2017-10-18                                                              | CZWARTEK<br>2017-10-18 | PIĄTEK<br>2017-10-20                                                                                     | SOBOTA<br>2017-10-20 | NIEDZIELA<br>2017-10-21 |
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| 15:00 |                            |                      | Ćwiczenia<br>ogólnorozwowe-<br>obwód stacyjny. Atak<br>2:1 Gra<br>szkolna kl.5-7 |                        | Gry i zabawy<br>bieżne ,rzutne<br>skoczne. Kształt<br>owanie<br>siły, szybkości, sk<br>ocznosci. kl.5-7. |                      |                         |
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**TYDZIEŃ V**

|       | PONIEDZIAŁEK | WTOREK     | ŚRODA                                                                      | CZWARTEK   | PIĄTEK                                                                                                       | SOBOTA     | NIEDZIELA  |
|-------|--------------|------------|----------------------------------------------------------------------------|------------|--------------------------------------------------------------------------------------------------------------|------------|------------|
|       | 2017-10-22   | 2017-10-23 | 2017-10-25                                                                 | 2017-10-25 | 2017-10-27                                                                                                   | 2017-10-27 | 2017-10-28 |
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| 15:00 |              |            | Rzuty z różnych miejsc na kole. Krycie każdy swego - gry i zabawy. kl. 5-7 |            | Wykorzystanie w grze rzutów z wysokości oraz zwodów w prawo i w lewo, z obrotem, z przełożeniem ręki kl. 5-7 |            |            |
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**TYDZIEŃ VI**

|       | PONIEDZIAŁEK | WTOREK     | ŚRODA | CZWARTEK | PIĄTEK | SOBOTA | NIEDZIELA |
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|       | 2017-10-29   | 2017-10-30 |       |          |        |        |           |
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Kraków  
kierunek Sport