

First day of sport week 01.10.2012.

Kindergarden: Ivane Brlić Mažuranić

Number of children involved in program: 27

Kindergarden teachers: Leonora Pavičić

Barbara Aralica

INTRO-Running behind the lider



EXERCISES WITHOUT PROPS

- a) neck
- b) shoulders
- c) upper body
- d) lower body and legs



MAIN PART

- walking on fingers and on heels, walking with liftig your knees, running in couples and in three, jumping back and fourth, left and right



RELAXATION PART

- musical game “When you´re happy!”



Art activity “ When I work out”



CHILDREN'S STATEMENTS

- WHY DO GROWNUPS WORK OUT?
- Gabrijela- So they would be strong.
- Gabrijel Ante- So they would exercise their muscels

- HOW MUCH STRENGHT DOES IT TAKE TO THROW A BALL IN TO THE BASCET?
- Fran- Im sure a lot.

- WHY DO THE FUTBALL PLAYERS WEAR A HELMET?
- Mihovil- So they wouldnt hurt themselves when they fall

- WHAT DO YOU THINK WHY DO SOME TEAMS GET A TROPHY?
- Mihovil- Because they won, couse they played good

- WHAT IS SPORT?
- Antun- Its a game
- Mihovil- Its training
- Kristijan- Socer
- [Gabrijel Ante- Karate and tekvando](#)

- WHY DO THE PLAYERS TRAIN?
- Mihovil- So they could be the best