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Fizinio ugdymo mokytojas metodininkas

Vikrumo kopétélés fizinio ugdymo pamokoje

Mokomoji metodiné knyga

Ramygalos gimnazija 2021m.

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Pratarmė

Nuo mūsų Ramygalos mokyklos, gimnazijos gyvavimo dar nebuvo parašyta nei viena mokomoji knyga ten dirbusių fizinio ugdymo mokytojų. Tai paskatino mane sukurti tokia knygutę kuria paėmęs į rankas mokytojas ar mokinys lengvai galėtų skaityti pratimus bei atlikti juos praktiškai. Šioje knygutėje sudėta mano pratimai kojoms, rankoms, su įrankiais. Jie pradėti rinkti nuo 2009 m. ,kai pirmą kartą sužinojau apie tokias vikrumo ugdymo formas. Vikrumo sąvoka gana glaudžiai siejasi su judesių koordinacija. Aiškindami vikrumą, visi autoriai pabrėžia judesių atlikimo greitį, o atlikti judesius greitai, esant tam tikrom pasipriešinimui, reikia ir raumenų jėgos, lankstumo, judesių dažnio, greitos psichomotorinės reakcijos. Vikrus- sugebantis greitai daryti, mitrus, apsukrus (Dabartinės lietuvių kalbos žodynas, 2000). Sporto terminų žodyne (2002) pateikiamos dvi vikrumo reikšmės:

1. Vikrumas –fizinė ypatybė-gebėjimas greitai ir tiksliai atlikti standartinius arba kintančius judesius, veiksmus ir jų derinius, greitai ir gerai juos išmolti, tinkamai reaguoti į greitai kintančias aplinkybes.
2. Vikrumas- gebėjimas parodyti jėgą ir greitumą atliekant labai koordinuotus, tikslingus veiksmus.

Šiuos vikrumo kopėtelių pratimus tankiai darydavome varžybų pasiruošimo periode. Jie mums daug padėjo. Ne atsitiktinai du kartus tapome Lietuvos mokyklų „Golo“ , „Mister: ir „Ladygolo“ varžybų nugalėtojais ir prizininkais.

Šioje knygoje sudėti visi mano pratimai, kuriuos labai lengvai skaito ne tik mokytojai, bet ir mokiniai. O noras vienas, kad mokiniai būtų sveikesni ir mylētu sportą.

Vikrumo „kopėtėlės“

Vikrumo kopėtėlės yra puikus įrankis tobulinti greitį, vikrumą ir greitą sprendimų priėmimą, lavina mąstymą. Moksliskai įrodyta, kad jūsų greitis, judrumas, koordinacija, ir bendras balansas gerokai padidės, jei naudosime vikrumo kopėteles. Kopėtėlės yra plačiai naudojamos tiek profesionalų, tiek mėgėjų sporte. Jei norite patobulinti kojų stiprumą (keturgalvį, dvigalvį, blauzdos, kirkšnies, sėdmenų, klubų, pilvo, rankų ir pečių raumenis) - tam idealiai tinka vikrumo kopėtėlės. Šias kopėteles galima naudoti tiek lauke, tiek sporto salėje ar net namuose. Kopėtėlės labai populiarius sporto inventorius darželiuose, mokyklose, įvairiose sporto mokyklose ir sporto šakose.



Pratimai gali būti atliekami pamokos pradžioje iš lėto einant- apšilimui. Po to pratimai šuoliuojant ar bėgant. Kuo toliau – tuo daugiau įgūdžių įgyjama ir pratimas atliekamas vis didesniu greičiu. Galima atlikti individualiai – imant laiką.

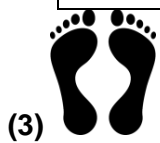
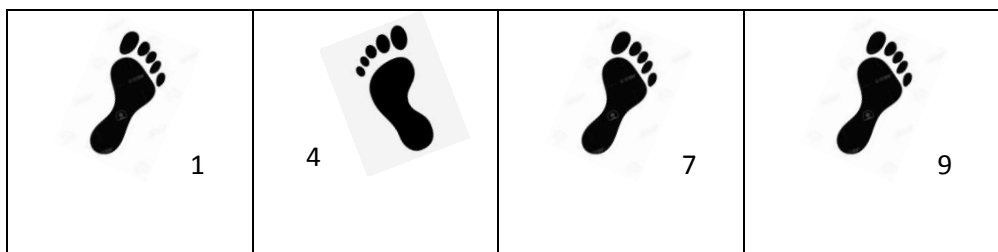
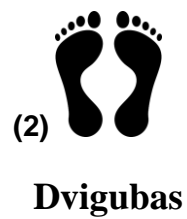
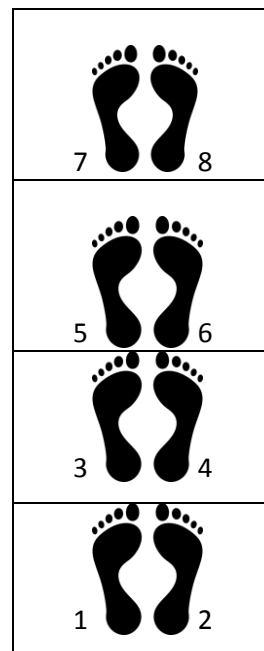
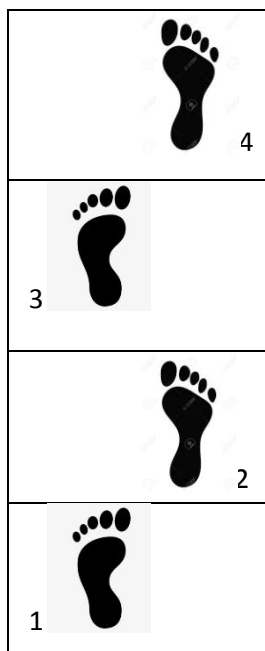
- Pratimai apšilimui
- Pratimai kojomis
- Ėjimas
- Bėgimas
- Šuoliukai (į priekį; šonu; viena koja; abiem kojomis; atbulomis)
- Pratimai rankomis
- Pratimai su įrankiais

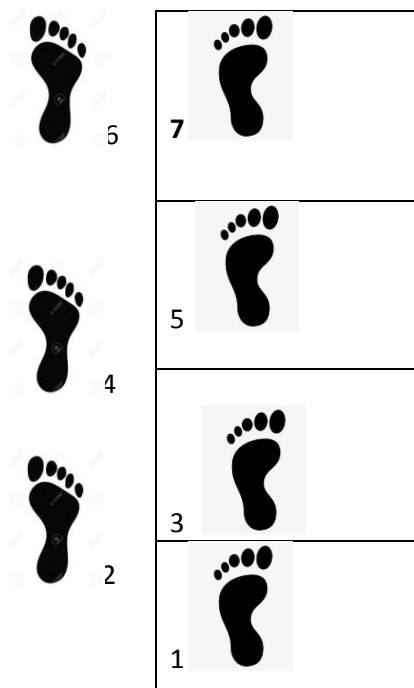
Pagrindinės rekomendacijos

- Atlikimo metu stengtis kulnėmis neliesti grindų;
- Rankos per alkūnes sulenktos 90 laipsniu kampu;
- Rankas ir pečius atpalaiduoti;
- Stengtis ,kad rankos būtų suderintos su kojų judesiais;
- Veido raumenis atpalaiduoti;

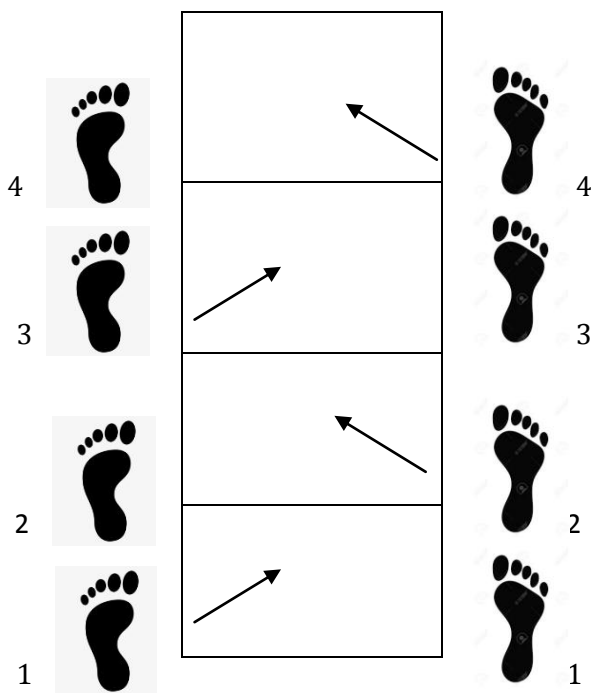
Pratimai kojomis

Bėgimo pratimai + atbulomis





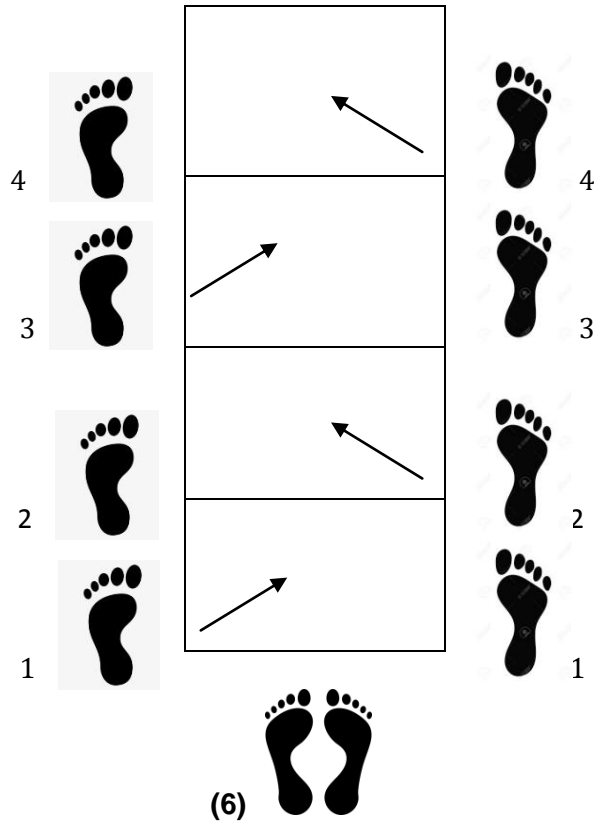
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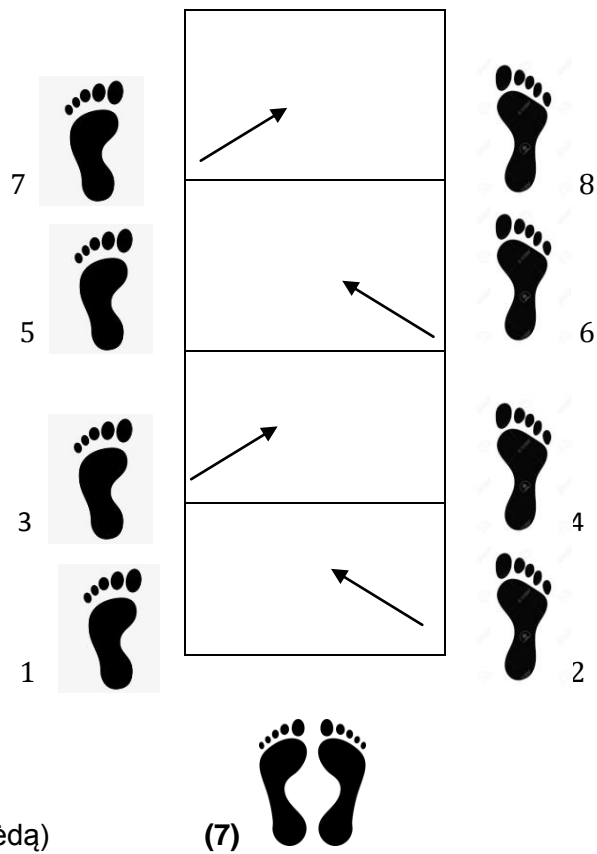
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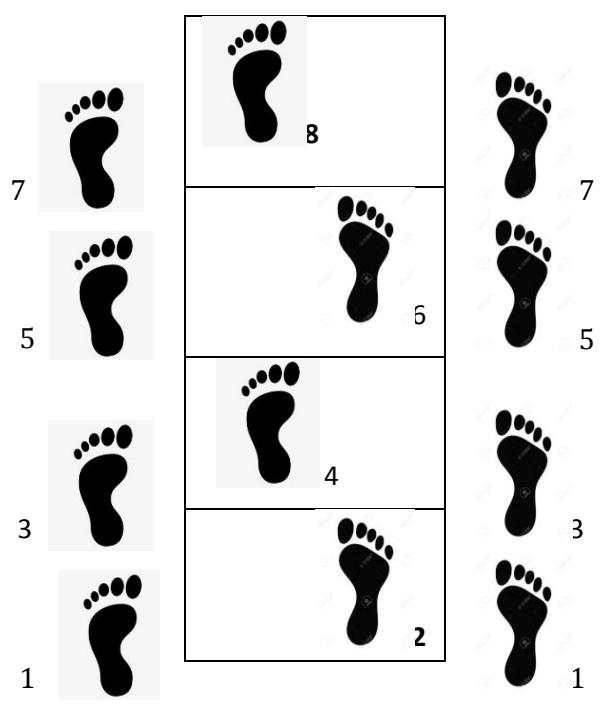
{kaskart lenkti vis kitā pēdā per ķelī}



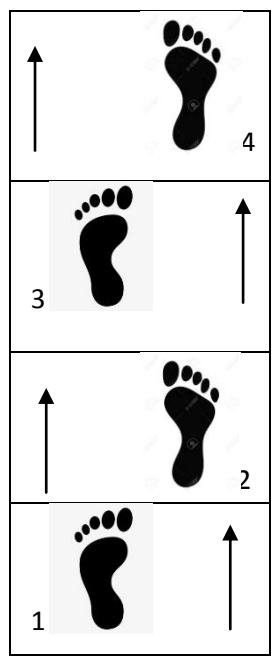
(kaskart kelti po vienąkelį aukštyn)



(užfiksuoti pėdą)

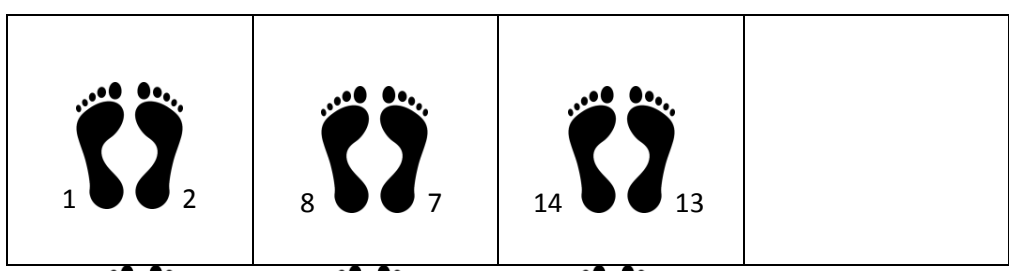
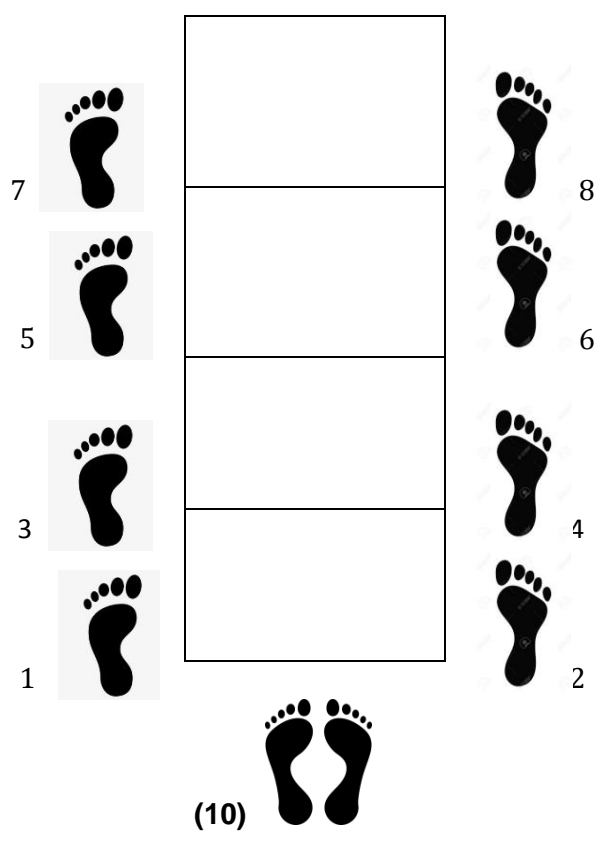


(viena pēda sulenkti per kelj (8))

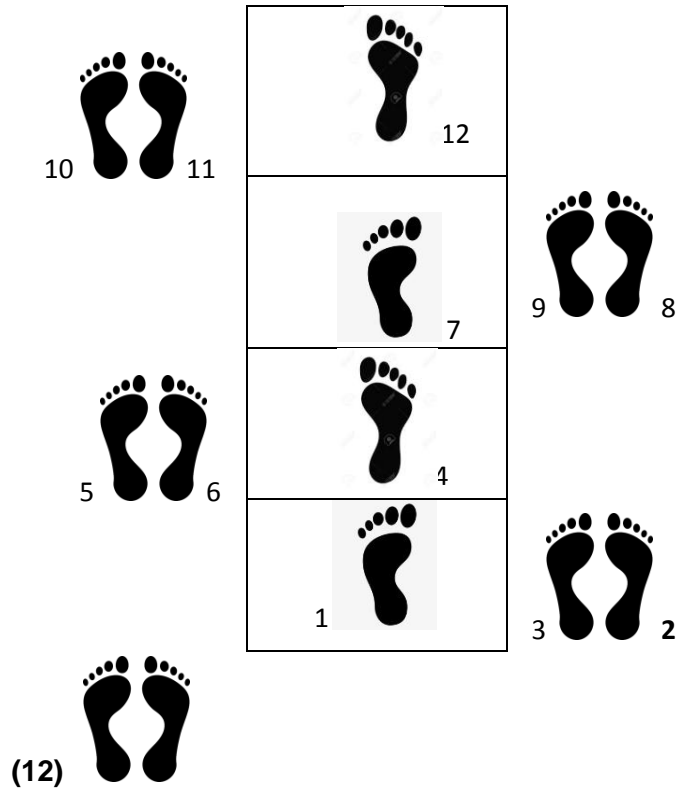


(kaskart kelti po vienā kelj aukštyn)

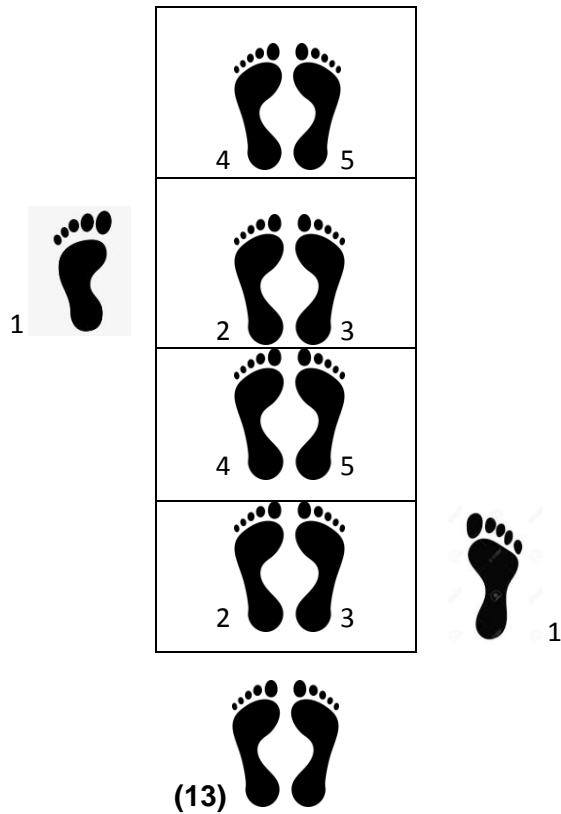


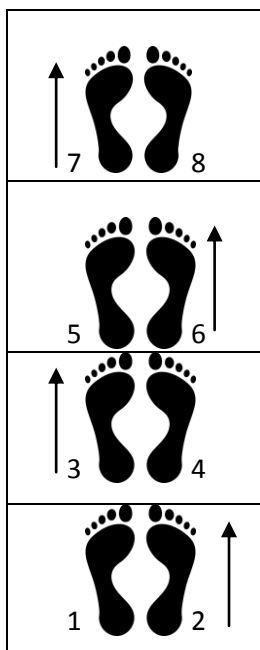
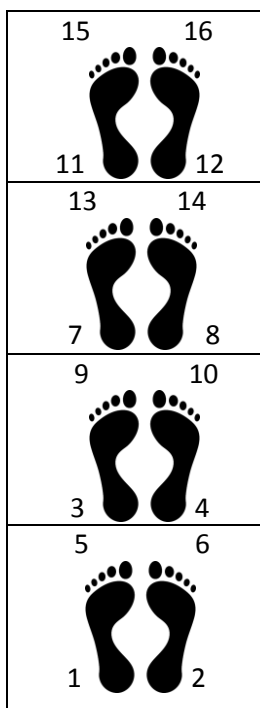


„Tango“ pratimas

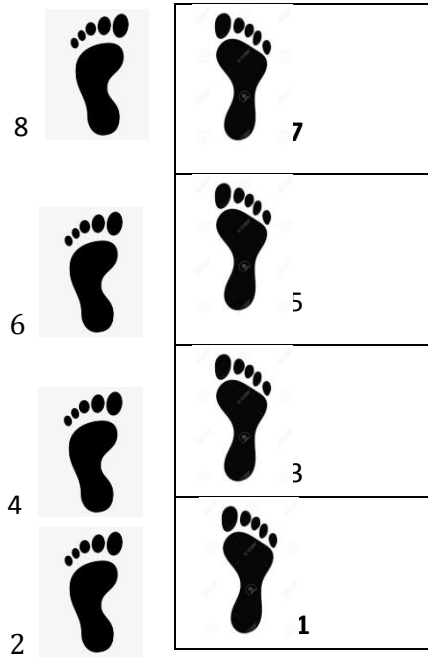


„Penkių skaičių“ pratimas

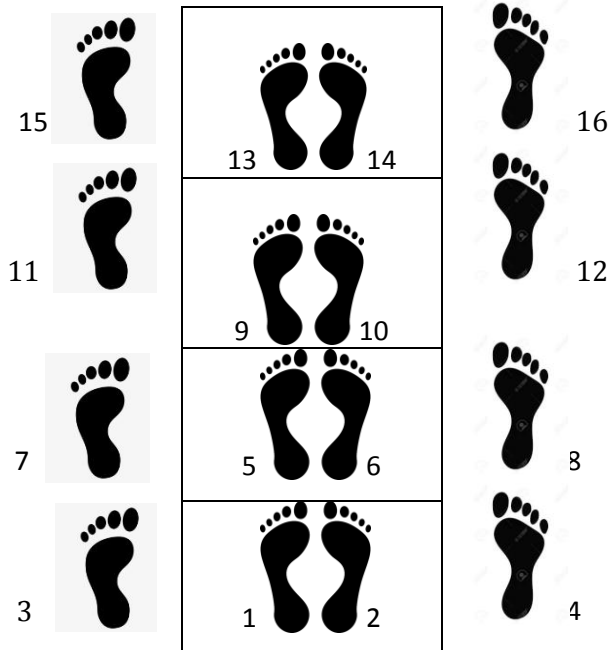


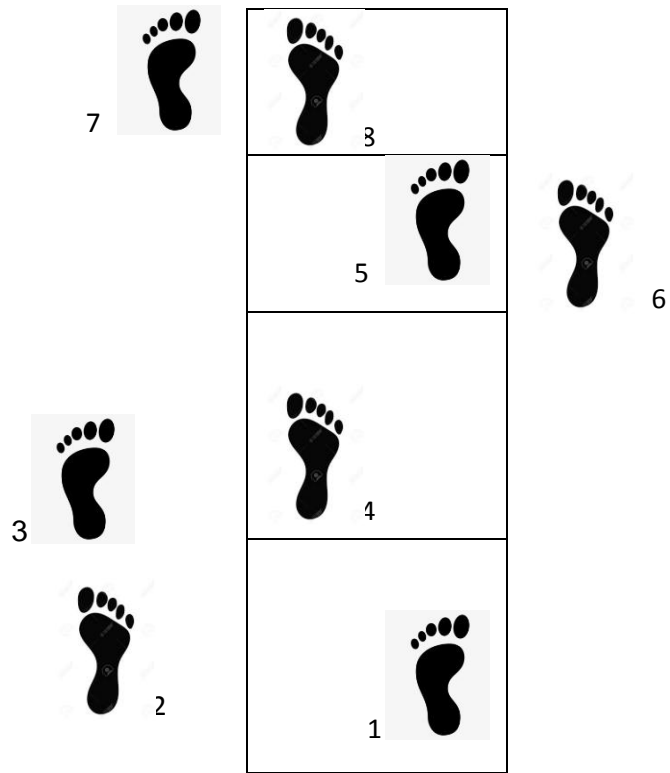


(kaskart kelti po vieną kelį aukštyn)



+ atbulomis





Ritmo pratimai

8 8

8 8

4 4

4 4

(19)

7
5
3
1

6 6

2 2

Detailed description: This exercise consists of a central vertical grid of four boxes. From top to bottom, the boxes contain a single footprint labeled '7', a footprint labeled '5' with a light gray rectangular background behind it, a footprint labeled '3', and a footprint labeled '1' with a light gray rectangular background behind it. To the left of the grid, there are two pairs of footprints. The top pair is labeled '8' on both sides, and the bottom pair is labeled '4' on both sides. To the right of the grid, there are two pairs of footprints. The top pair is labeled '6' on both sides, and the bottom pair is labeled '2' on both sides. Below the grid, there is a pair of footprints labeled '(19)' on the left.

8

6

4

2

7
5
3
1

8

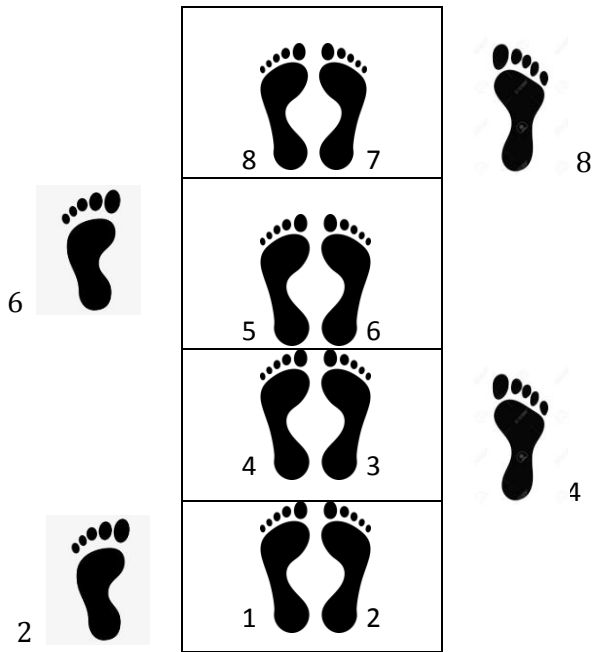
6

4

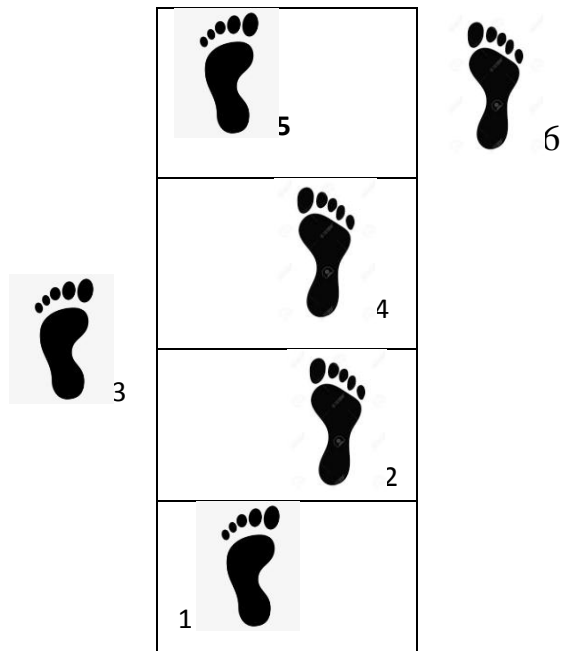
2

Detailed description: This exercise is similar to (19) but with a different arrangement. The central vertical grid has four boxes containing single footprints labeled '7', '5', '3', and '1' from top to bottom. Each footprint in the grid is set against a light gray rectangular background. To the left of the grid, there are four single footprints labeled '8', '6', '4', and '2' from top to bottom, each on its own light gray background. To the right of the grid, there are four single footprints labeled '8', '6', '4', and '2' from top to bottom, each on its own light gray background. Below the grid, there is a pair of footprints labeled '(20)' on the left.

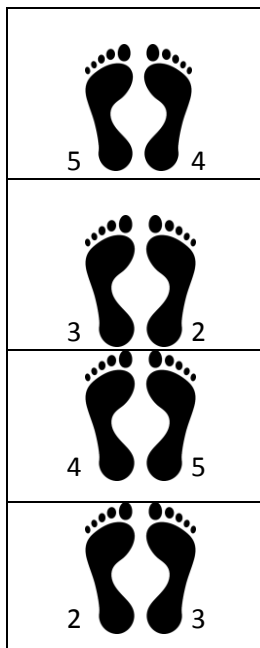
+ atbulomis

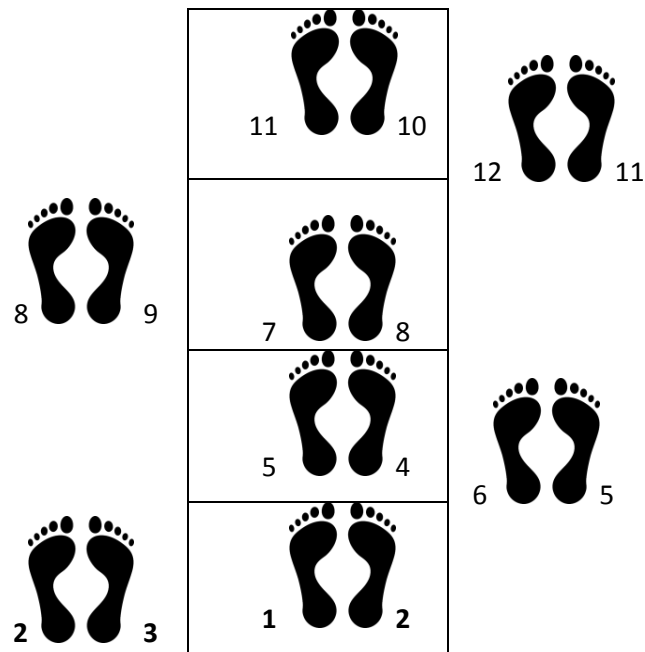
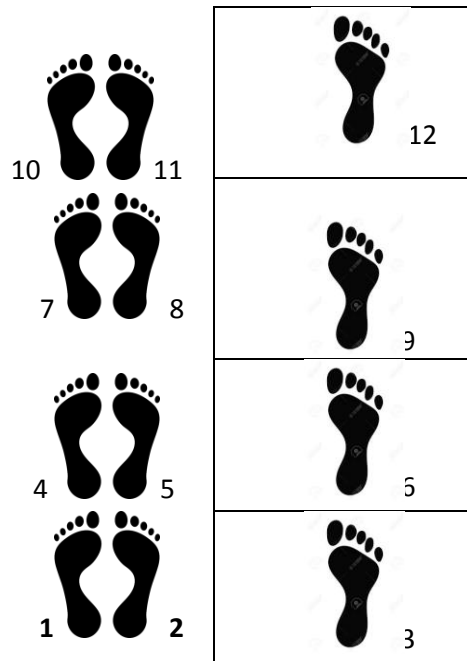


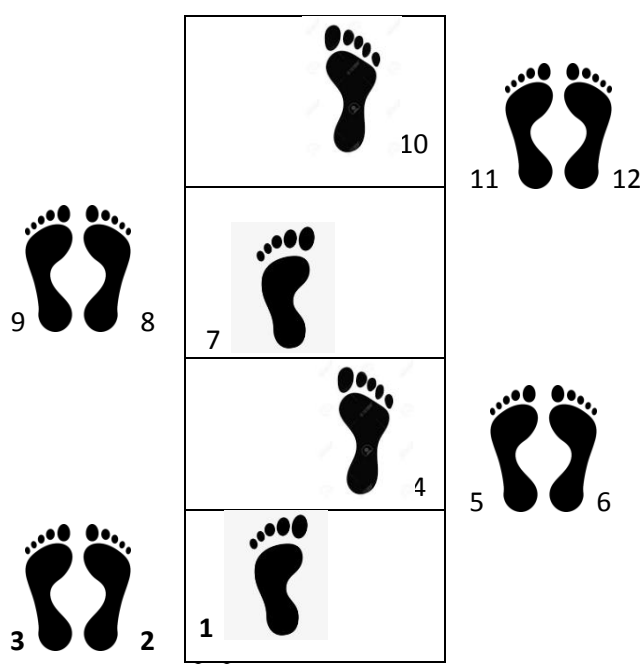
(21)



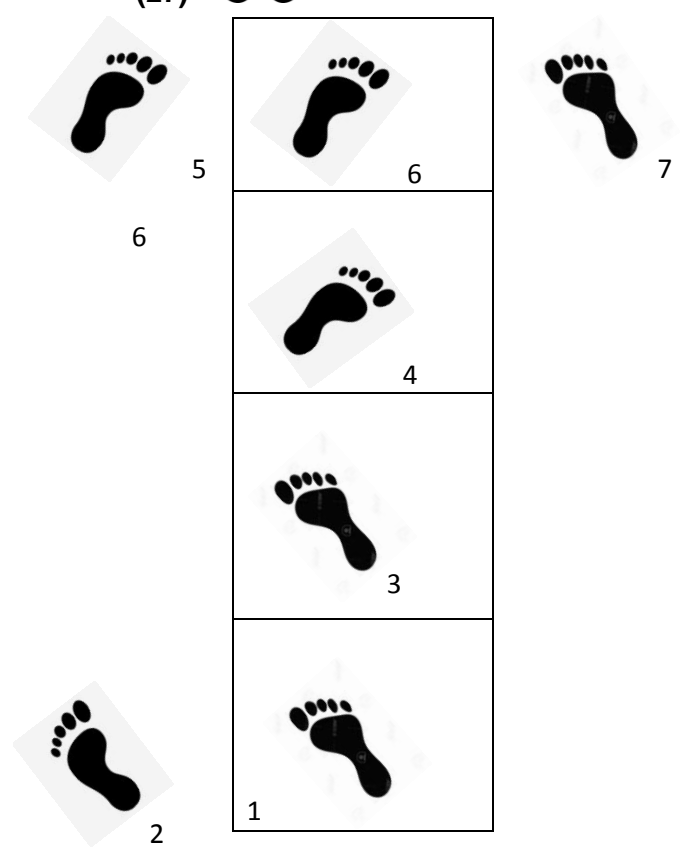
(22)



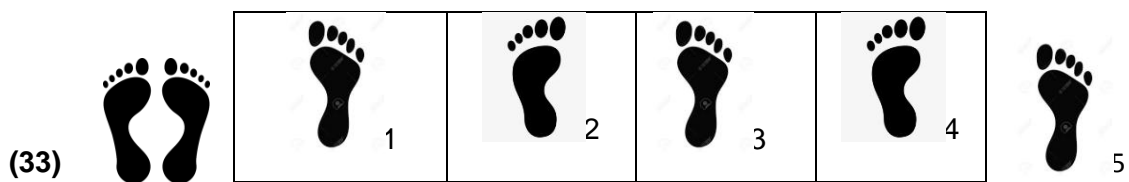
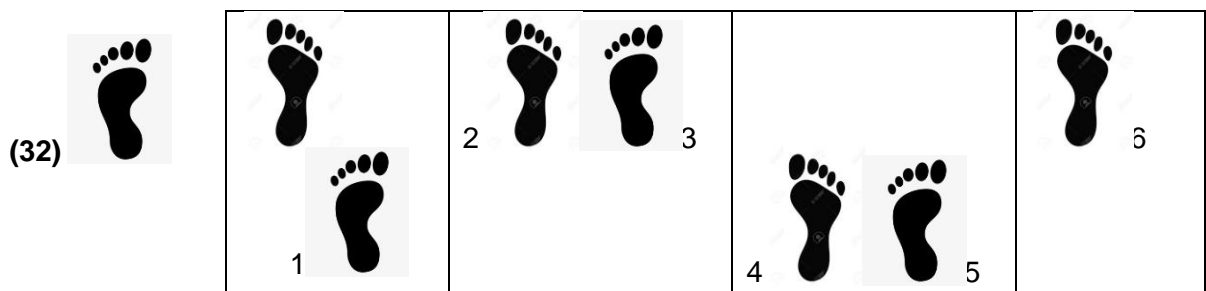
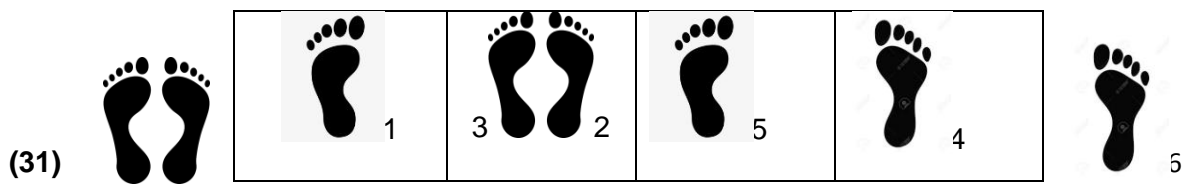
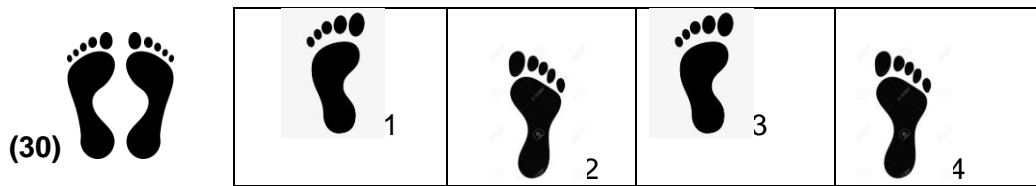
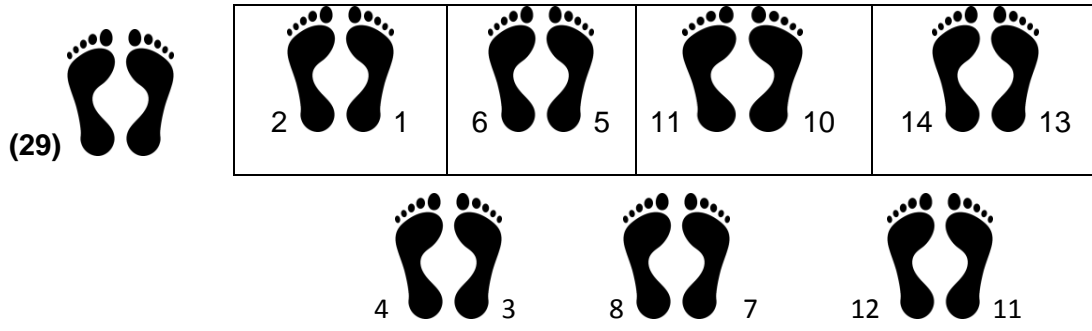




(27)



(28)



(34)

Diagram (34) shows a pair of footprints on the left. To the right is a sequence of seven individual footprints, numbered 1 through 7. Footprints 2 and 6 are highlighted with a light gray background. The sequence starts with footprint 1, followed by 2 (highlighted), 3, 4, 5, 6 (highlighted), and 7.

(35)

Diagram (35) shows a pair of footprints on the left. To the right is a sequence of seven individual footprints, numbered 1 through 7. Footprints 1, 3, 5, and 7 are highlighted with a light gray background. The sequence starts with footprint 1, followed by 2, 3 (highlighted), 4, 5 (highlighted), 6, and 7 (highlighted).

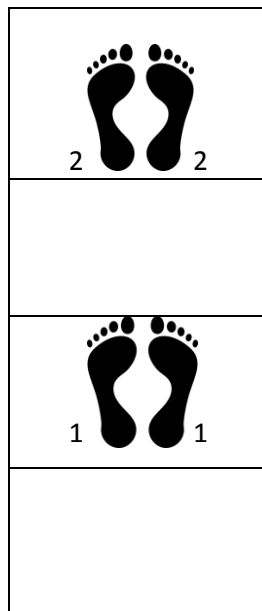
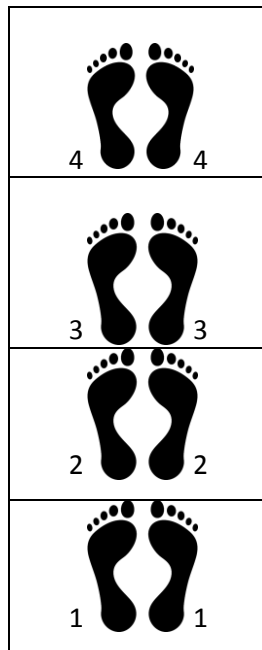
(36)

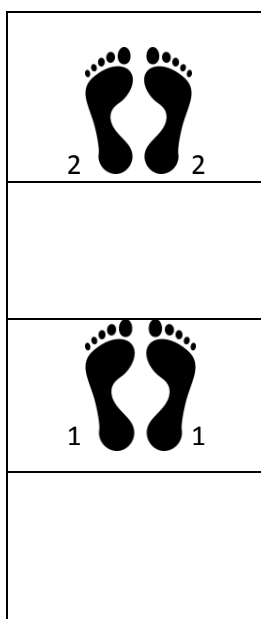
Diagram (36) shows a pair of footprints on the left. To the right is a 3x4 grid of footprints, numbered 1 through 12. The grid is arranged as follows:

Footprint 9	Footprint 10	Footprint 11	Footprint 12
Footprint 8	Footprint 7	Footprint 6	Footprint 5
Footprint 1	Footprint 2	Footprint 3	Footprint 4

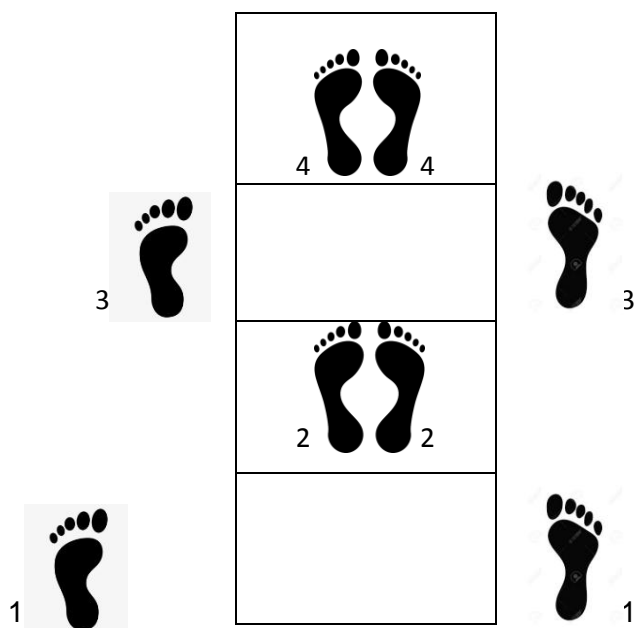
Arrows indicate a path: a horizontal arrow pointing right from footprint 1 to 4; a vertical arrow pointing up from footprint 4 to 12; a horizontal arrow pointing left from footprint 12 to 5; and a vertical arrow pointing down from footprint 5 to 1.

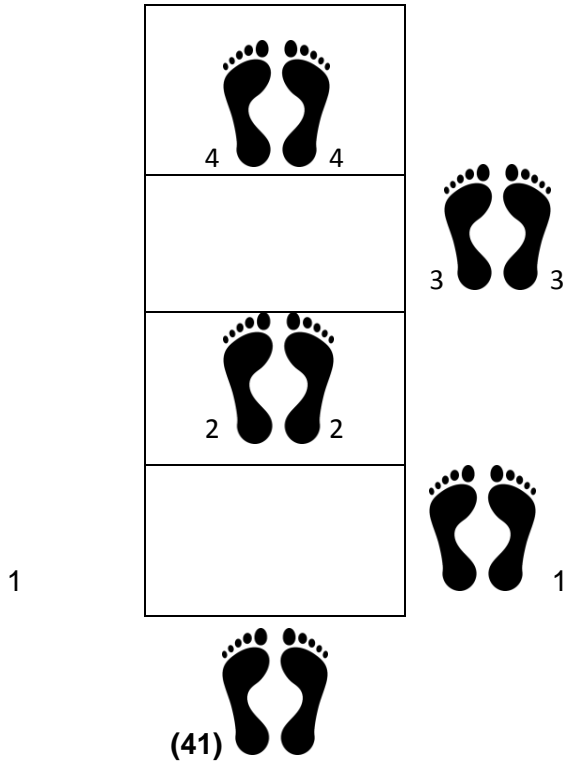
Šuoliavimo pratimai

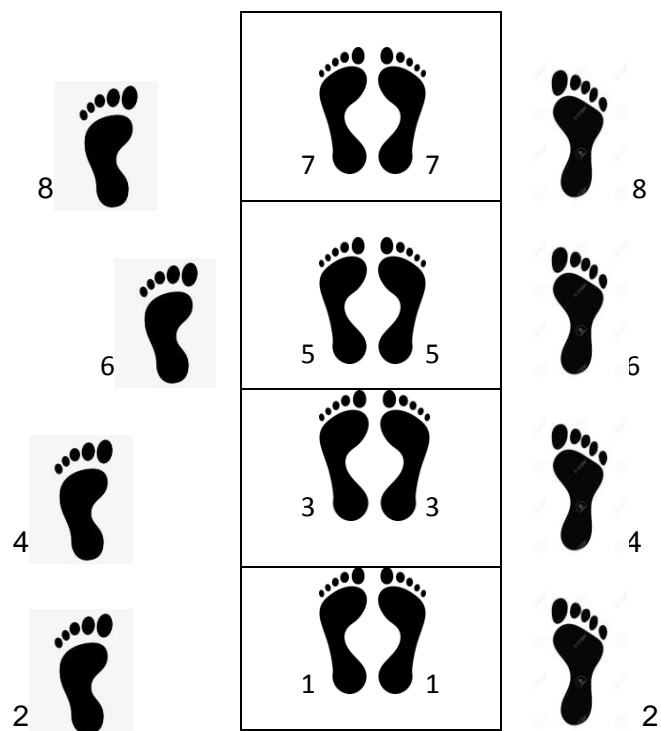




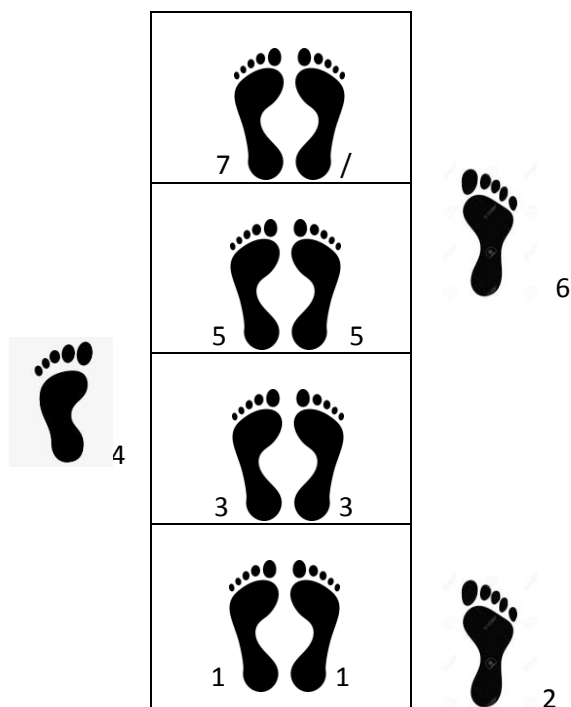
Šuolyje traukti kelius prie krūtinės (39)





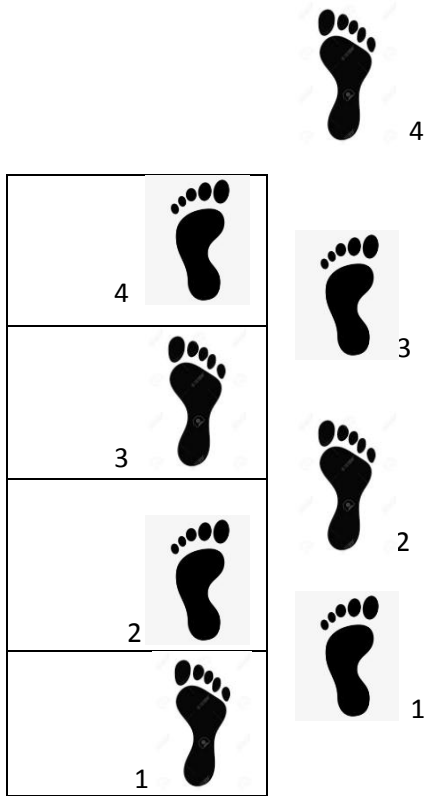


(43)

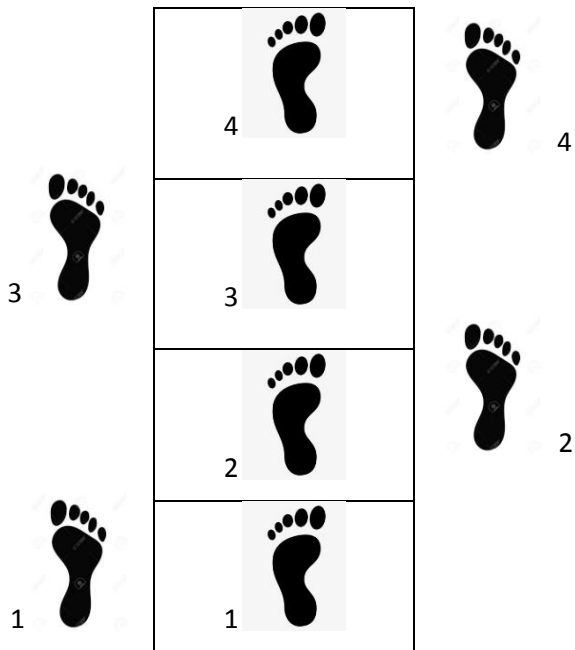


(užfiksuoti pėdą)

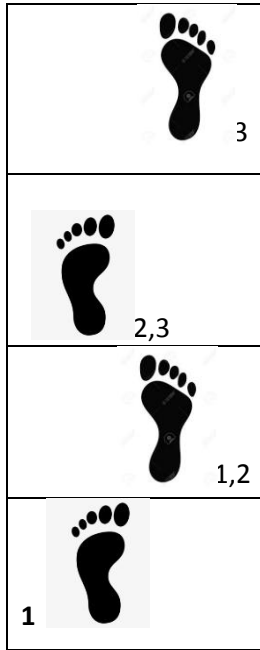
(44)



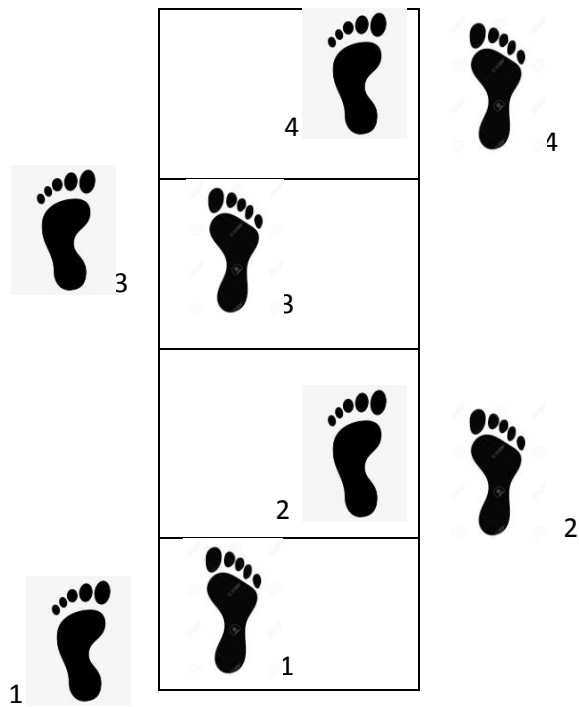
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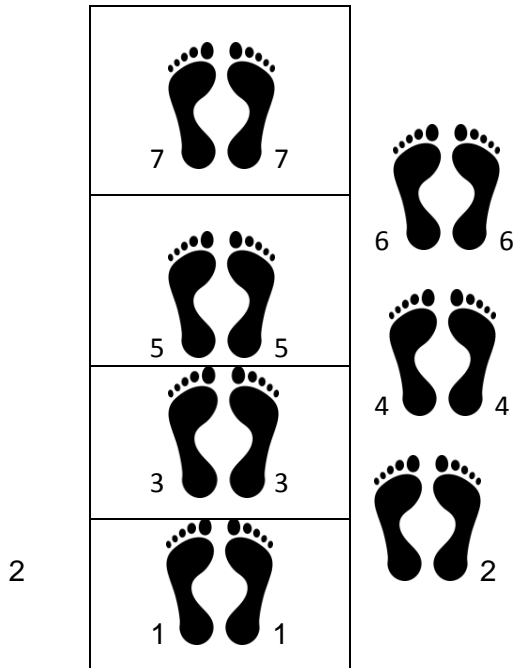
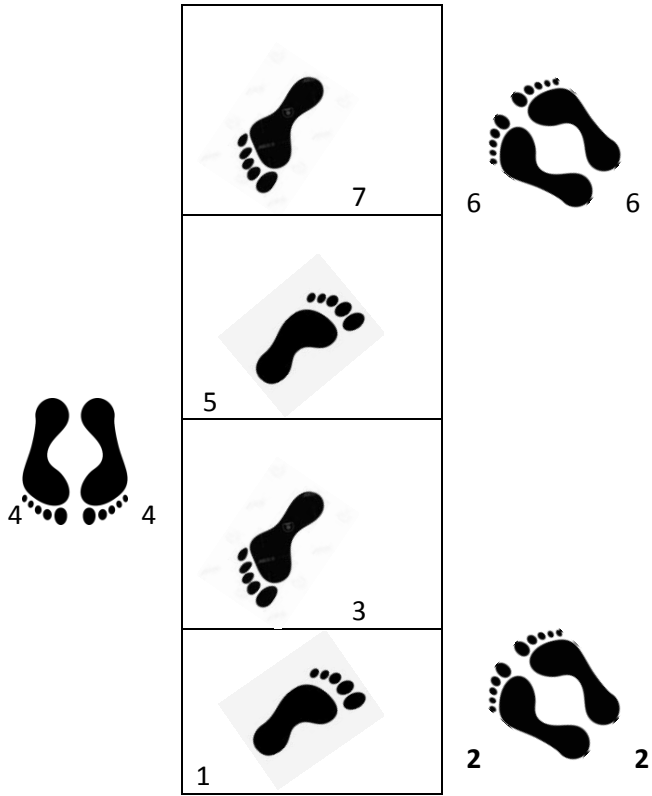


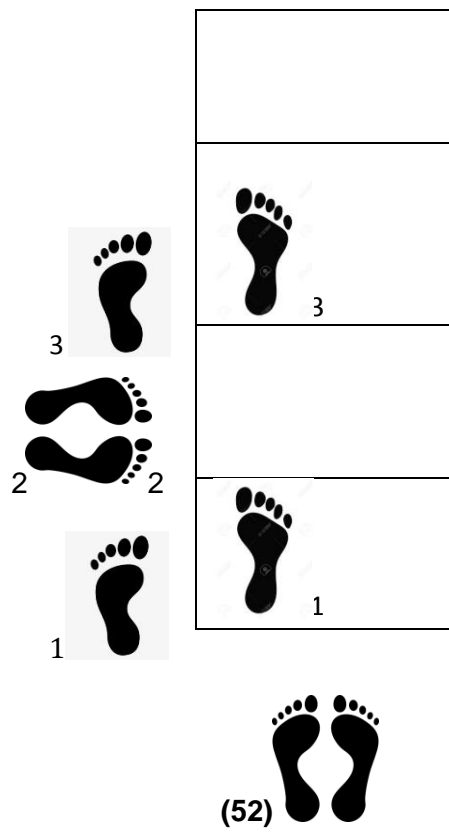
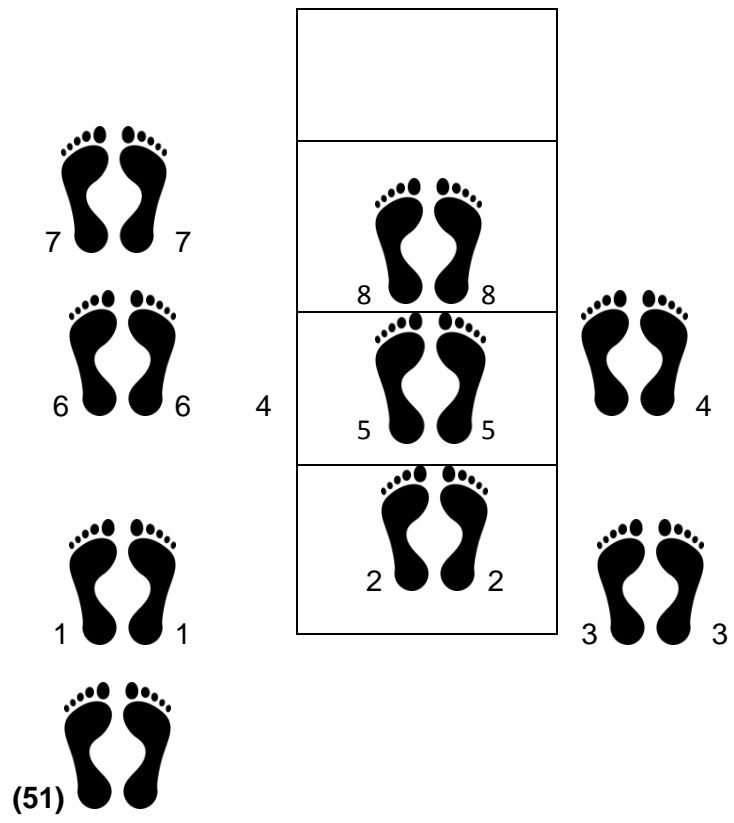
(46) 



+b) variantas du barjerus pastatyti.







Šuoliai porose

3

2

1

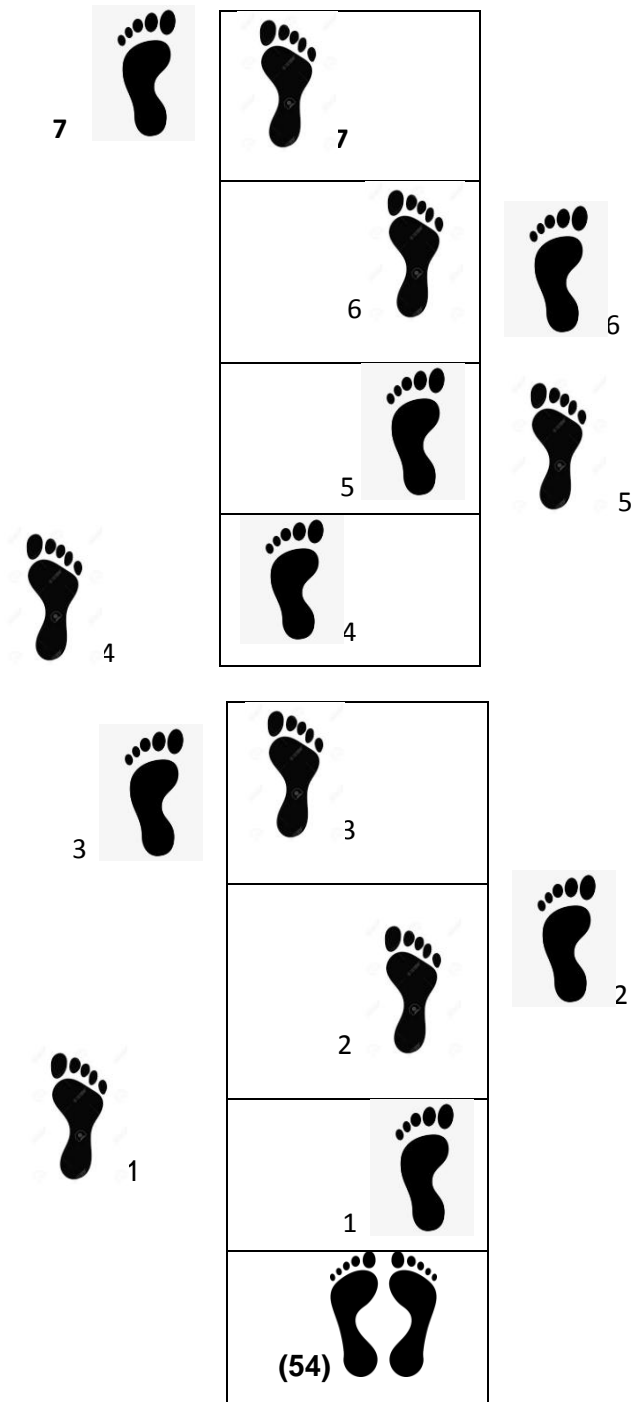
1

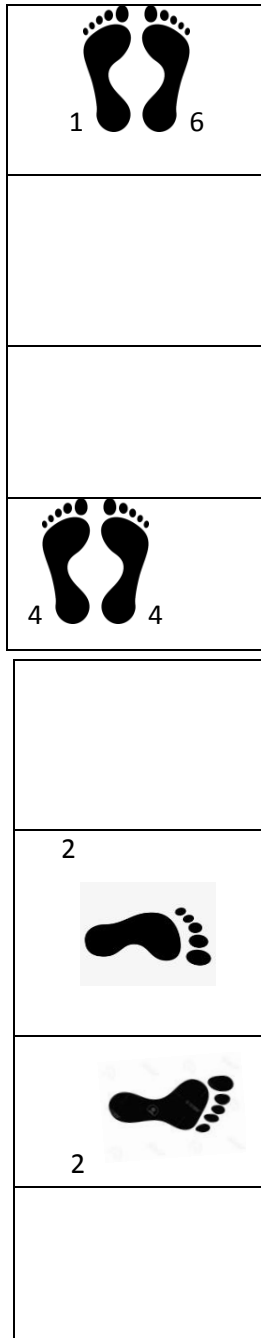
3

2

1

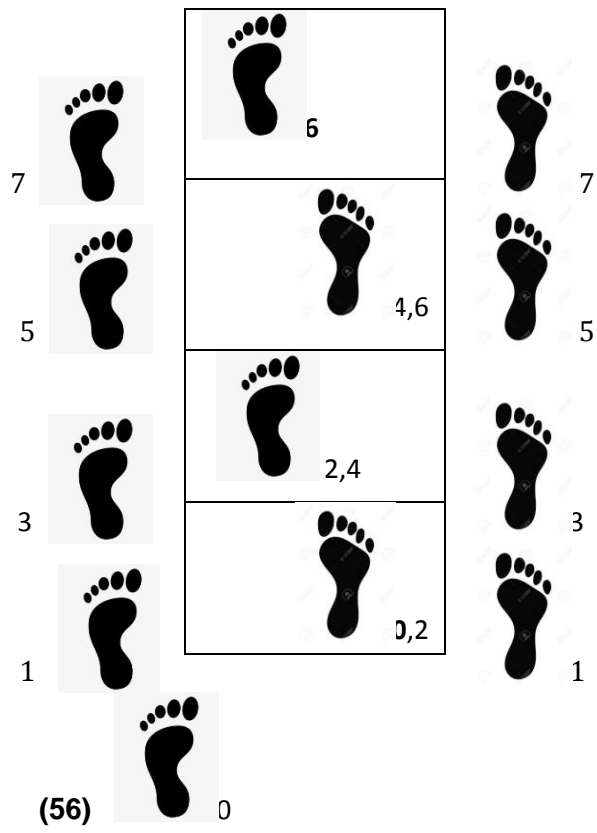
(53)

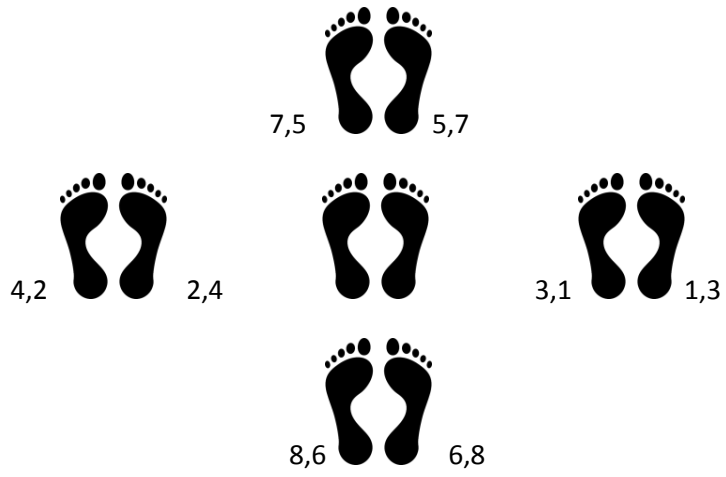




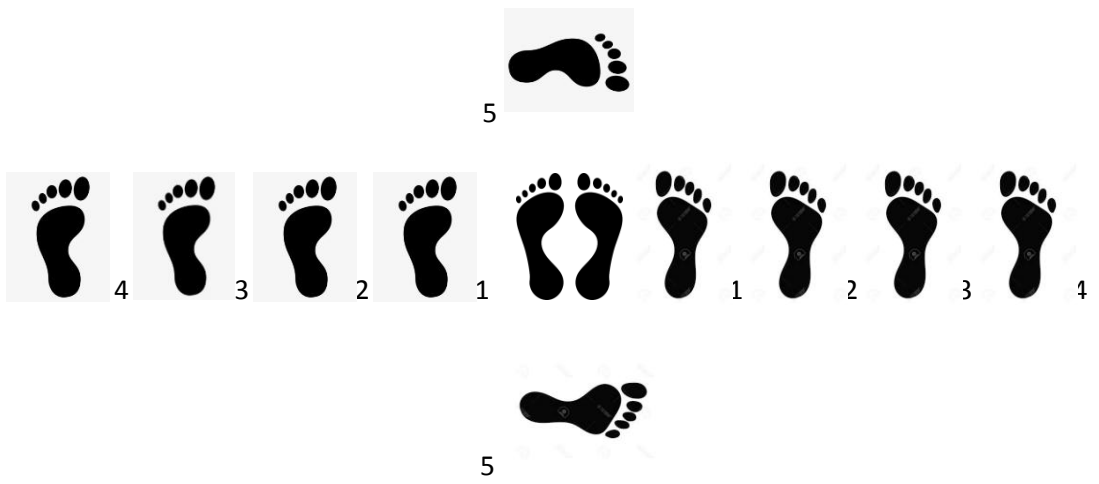
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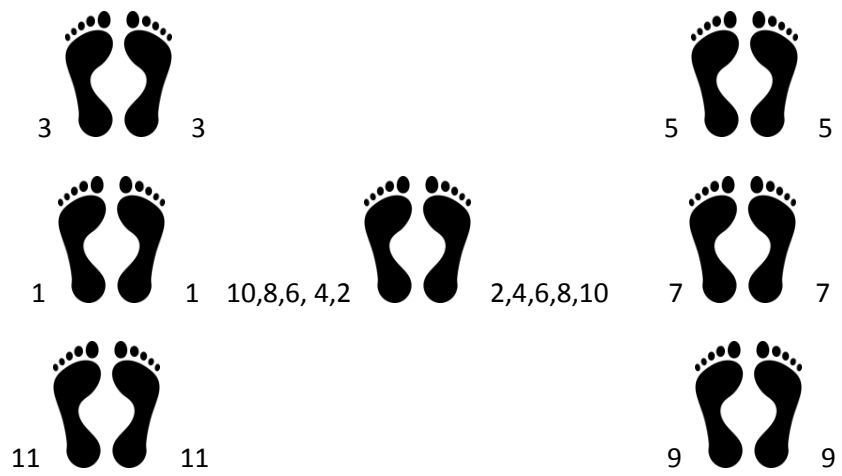




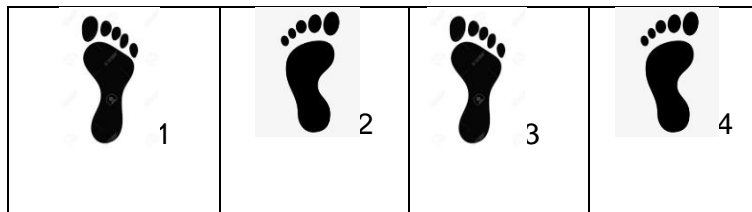
(58)



(59)



(60)



b) variantas rankoje turėti kimštinio kamuolį ar svarmenimis ir šokinėti

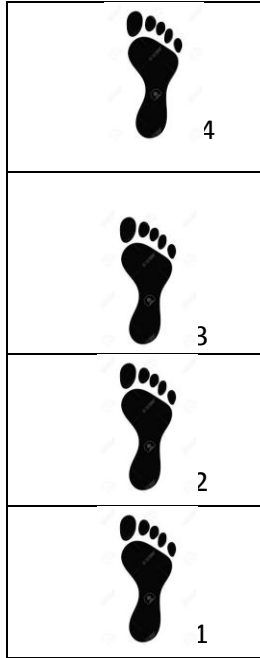


+ atgal



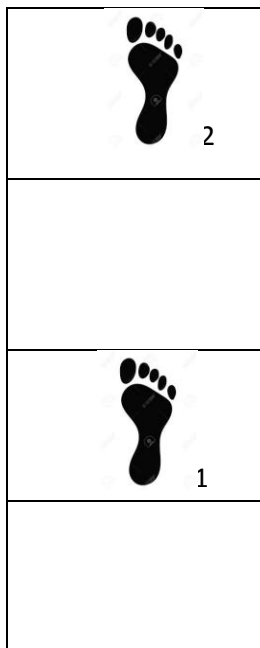
Šuoliavimo pratimai viena koja

+atbulomis



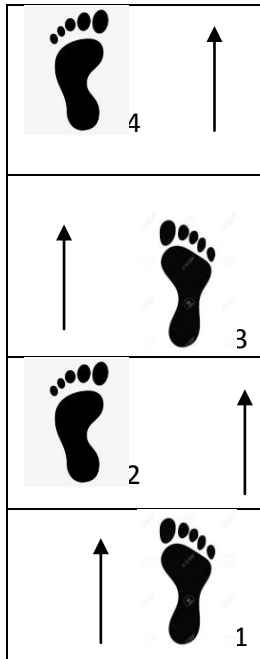
(61)

+atbulomis



(62)

+atbulomis

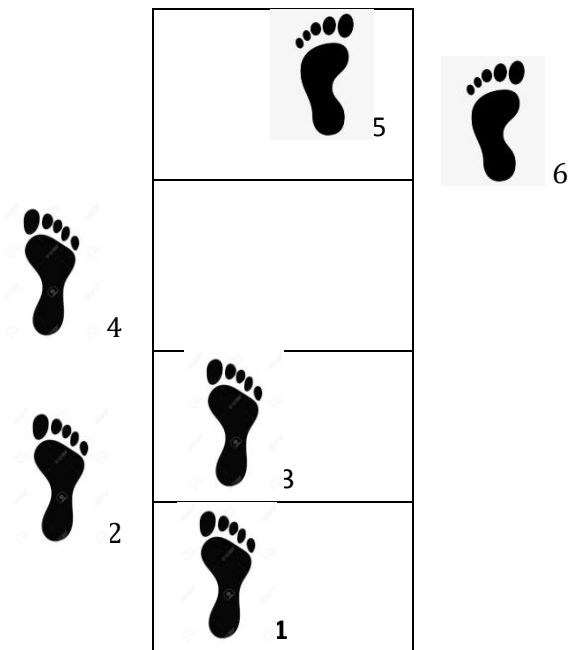


(sulenkti koja per kelij)

(63)



+atbulomis

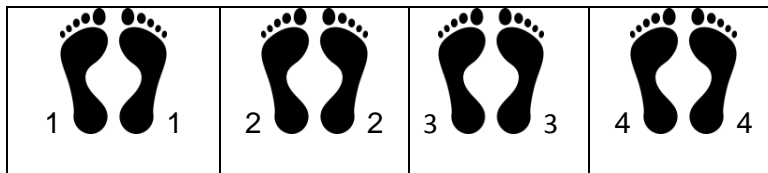


(64)



Šuoliukai judant šonu dviem kojomis

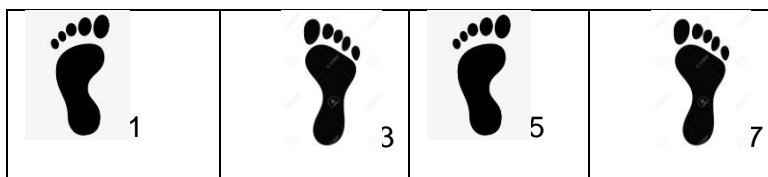
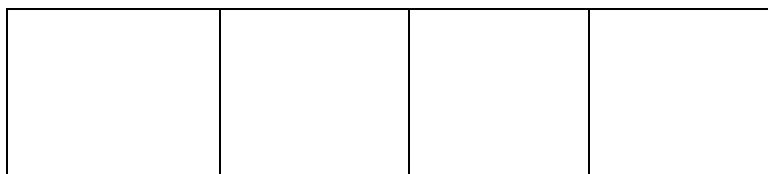
+ atgal



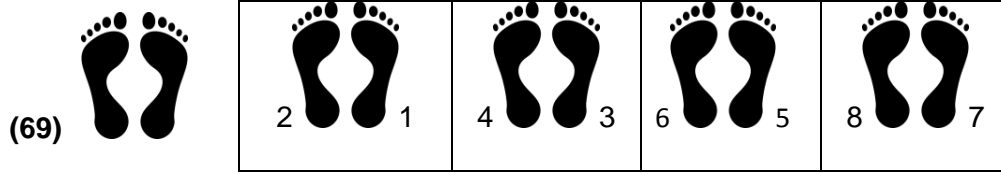
+ atgal



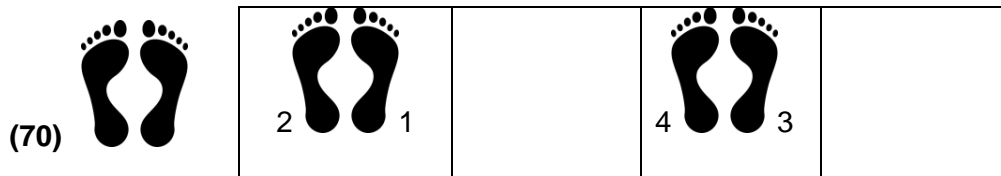
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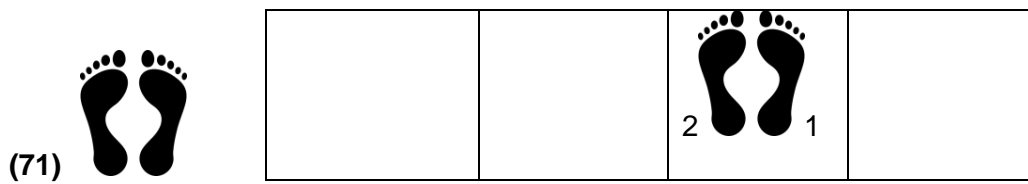
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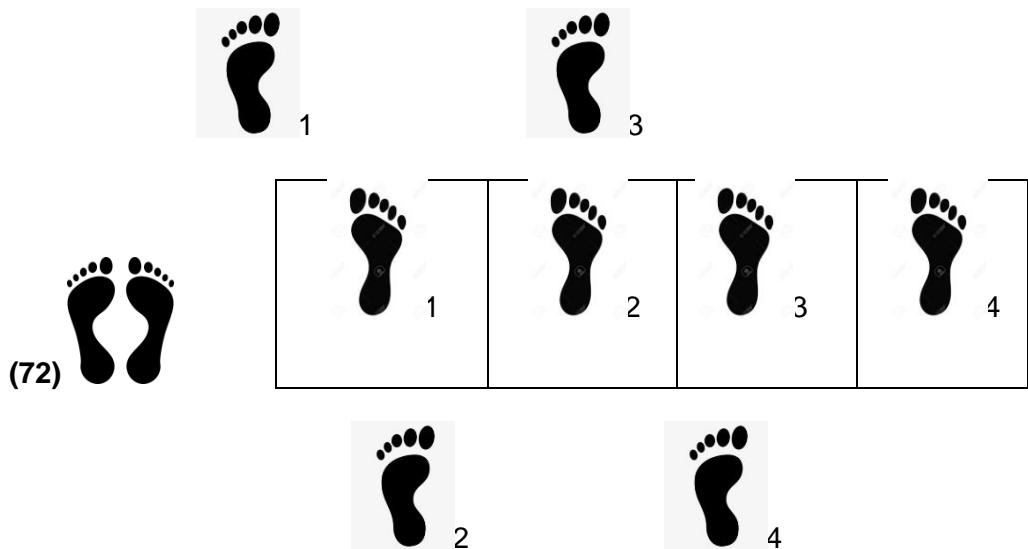
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+ atgal

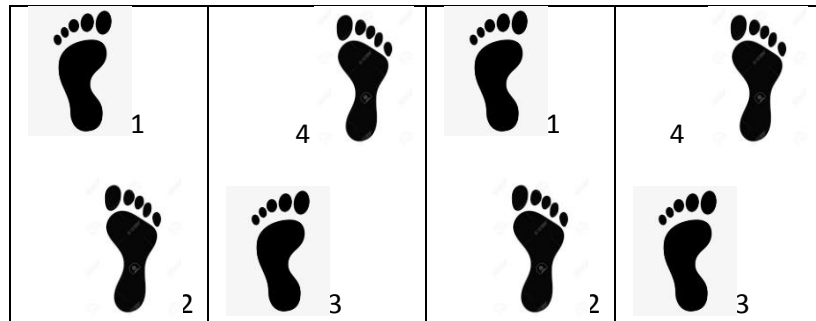
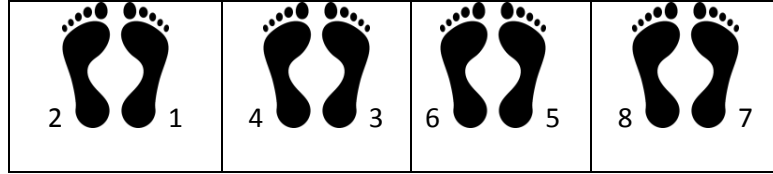


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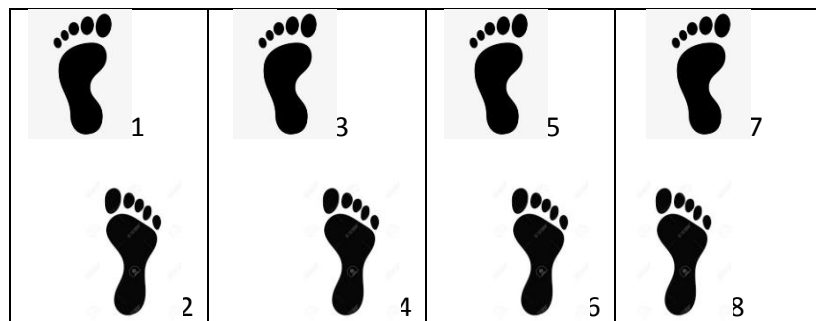


Zig zago šuoliukai

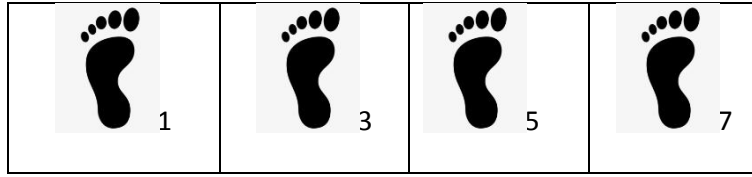
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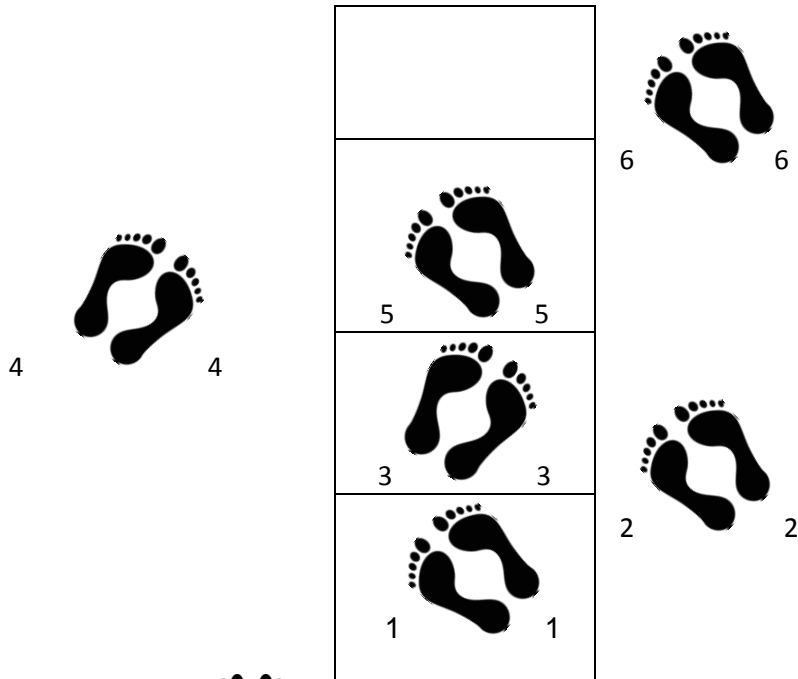
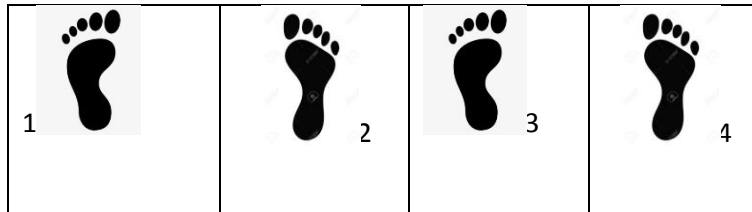
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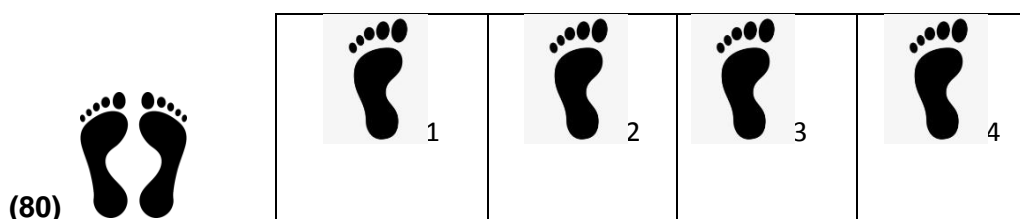
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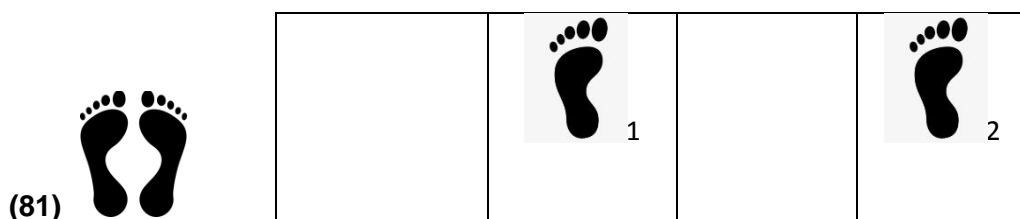
Šuoliukai judant šonu



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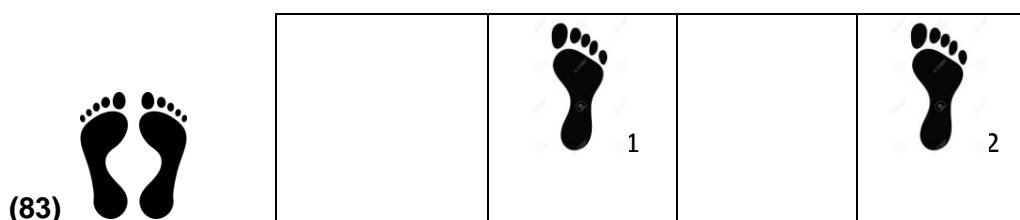
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+ atgal



+ atgal



Pratimai pasisukant

8

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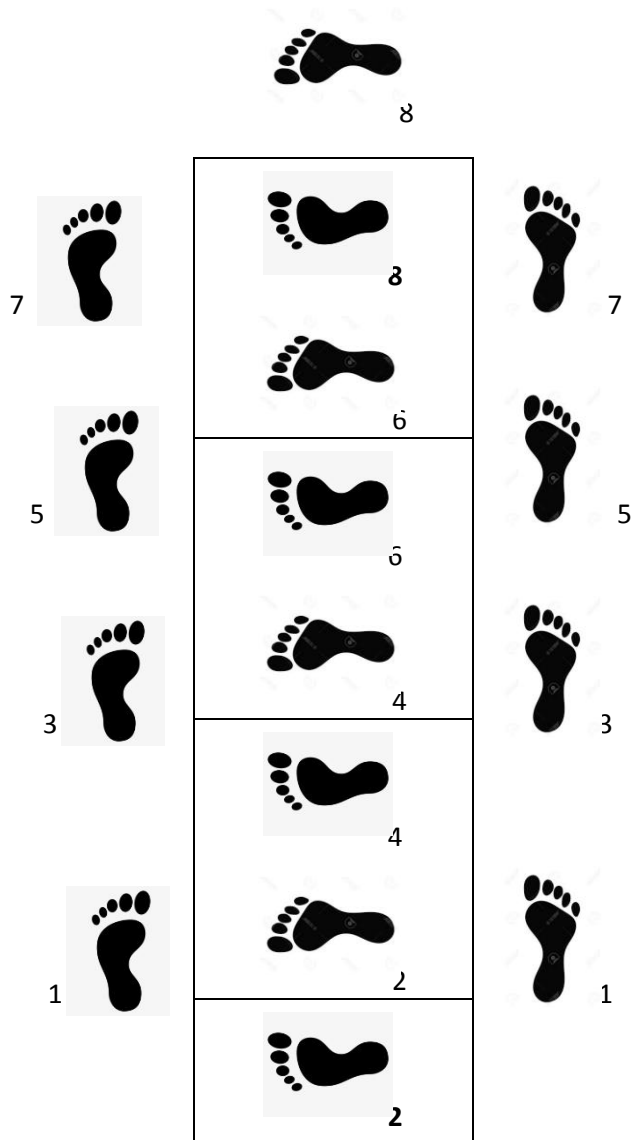
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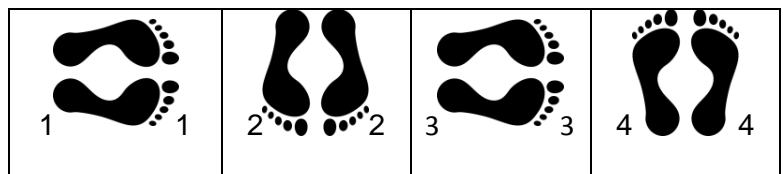
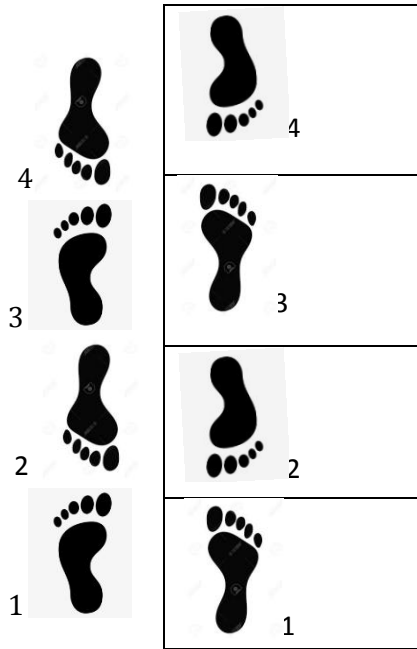
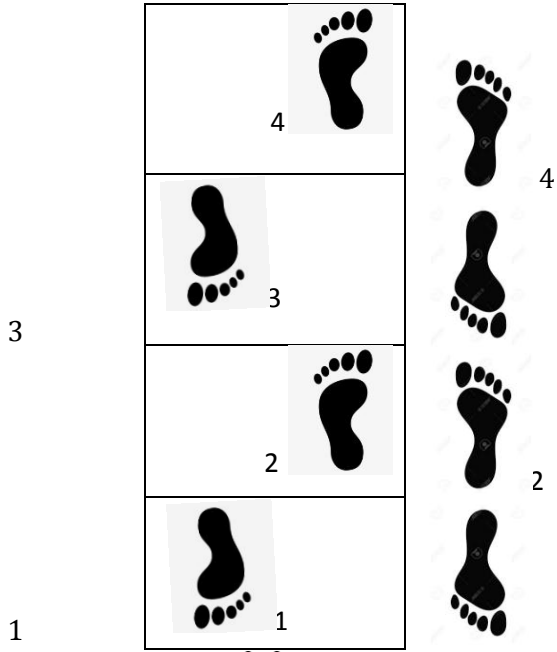
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(87)

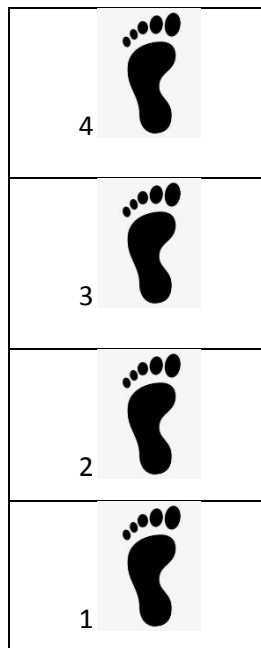
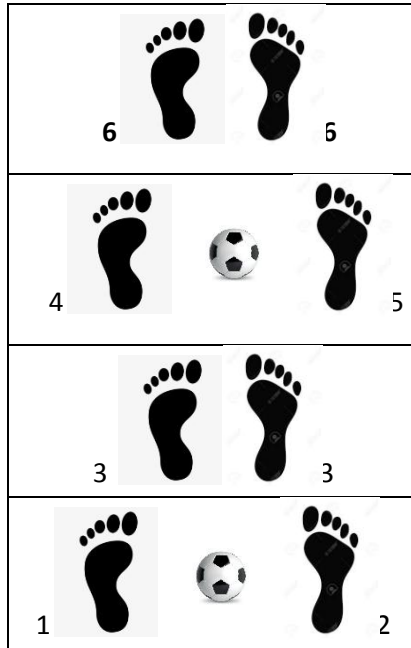


Pratimai su kamuoliais



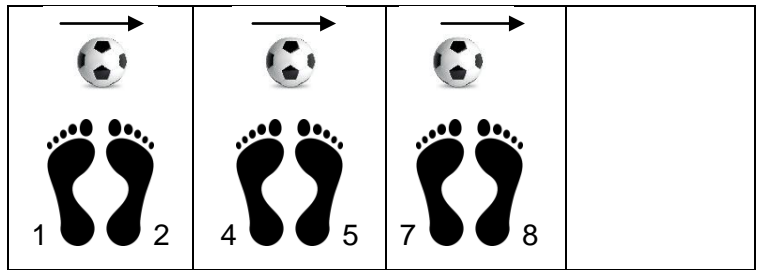
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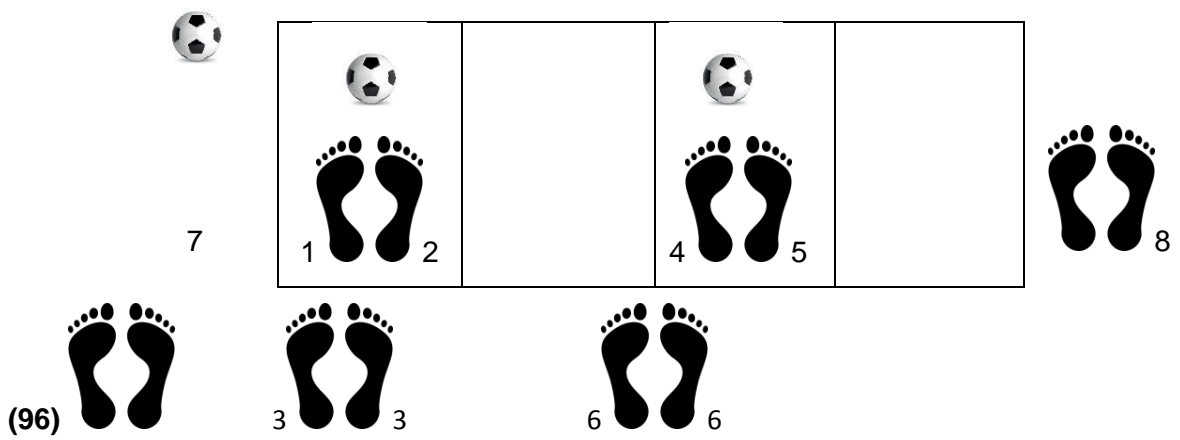


keltimi varyti



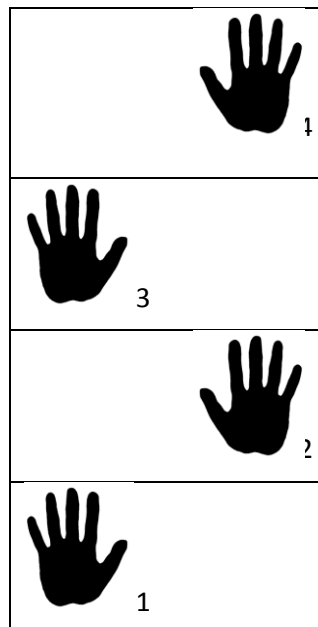
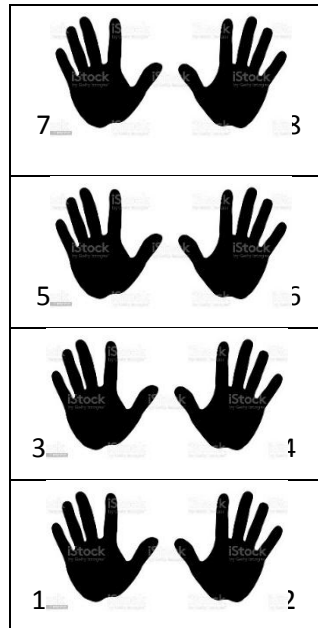


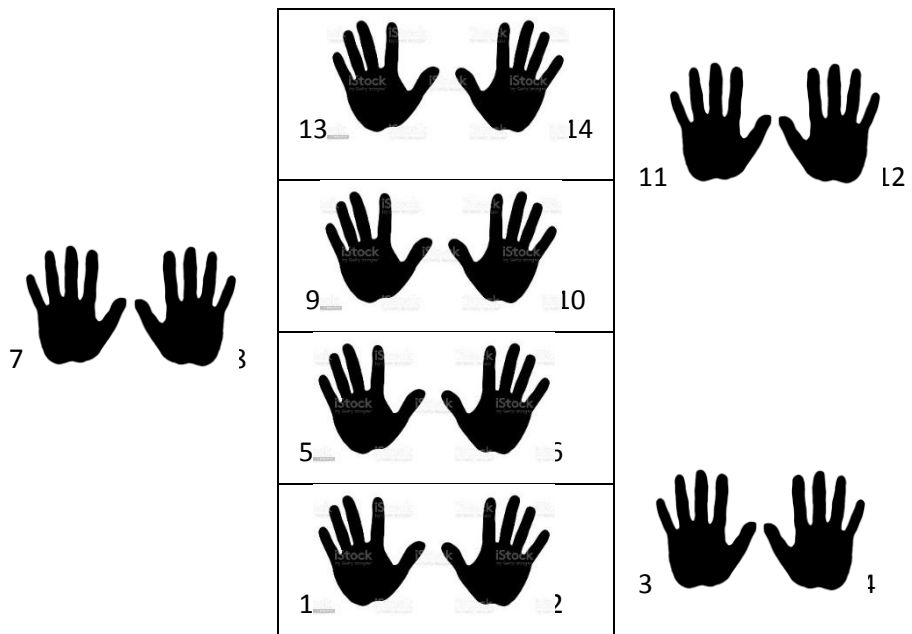
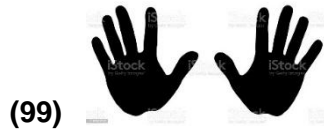
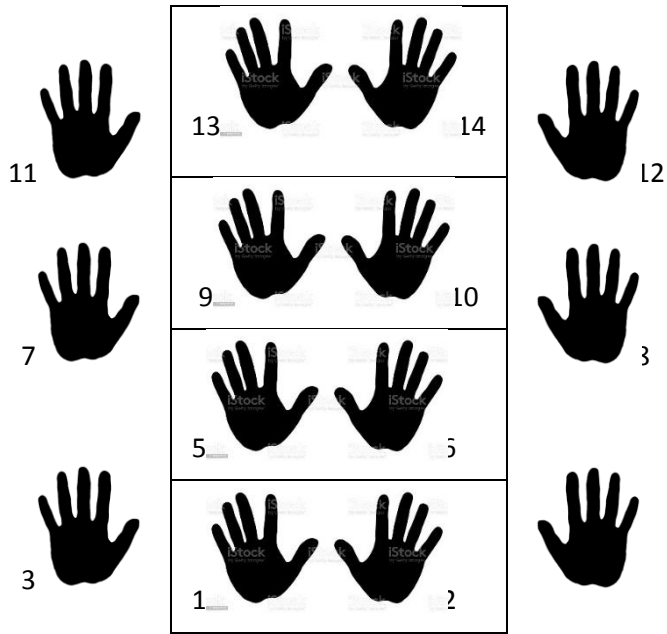
Liesti pedomis (95)   

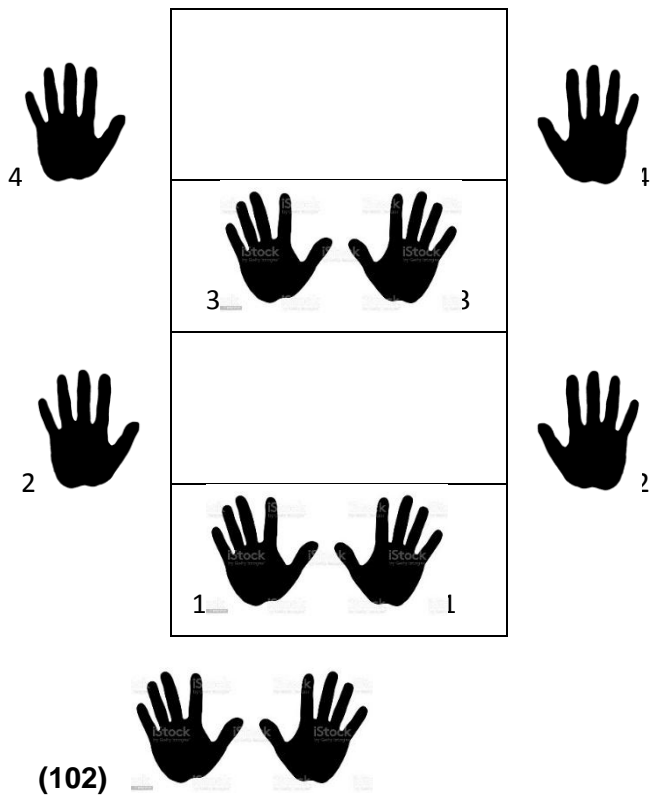
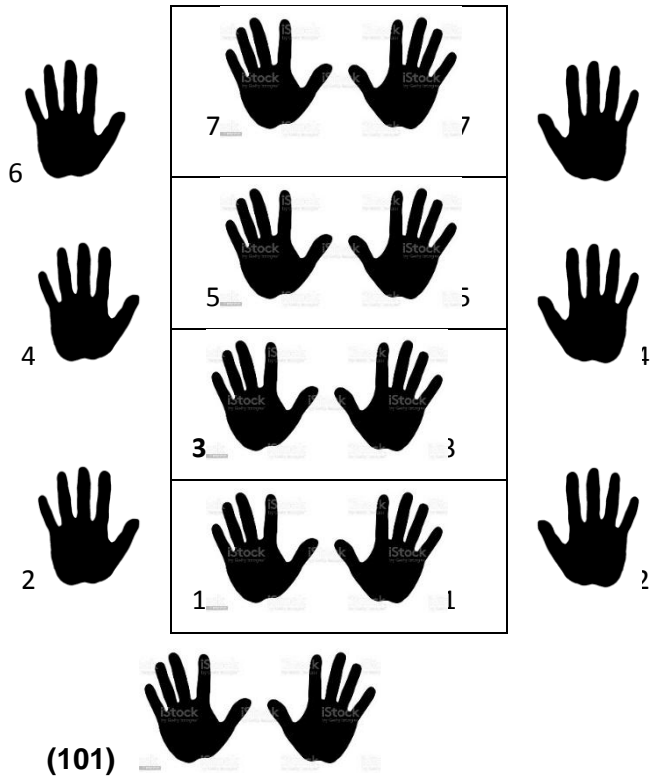


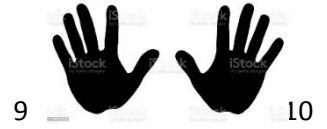
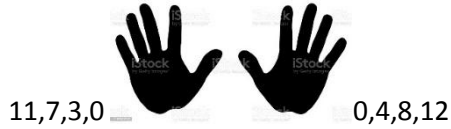
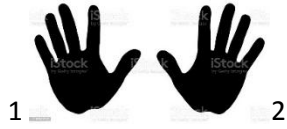
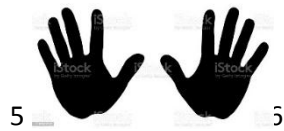
Pratimai rankoms

Atliekant pratimus rankomis, kojos juda kopėtėlių šonuose

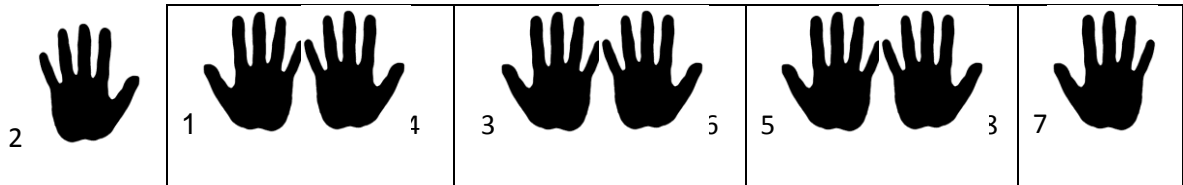
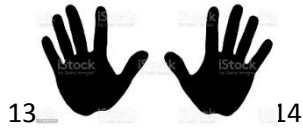




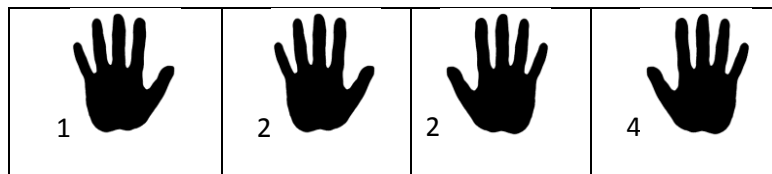




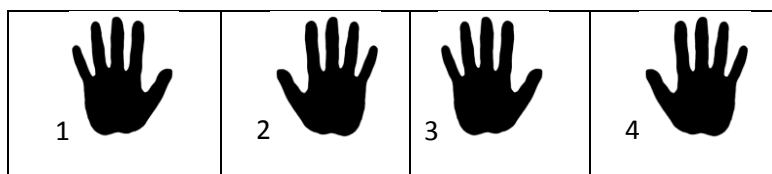
(103)

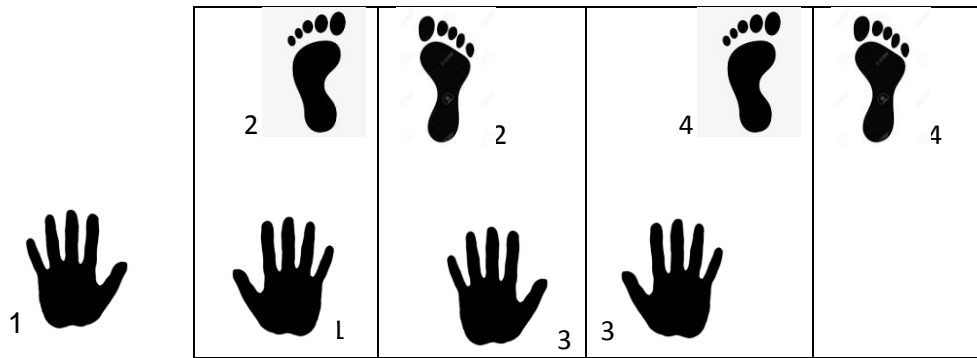


Perstačius abu delnus atsispaudimas



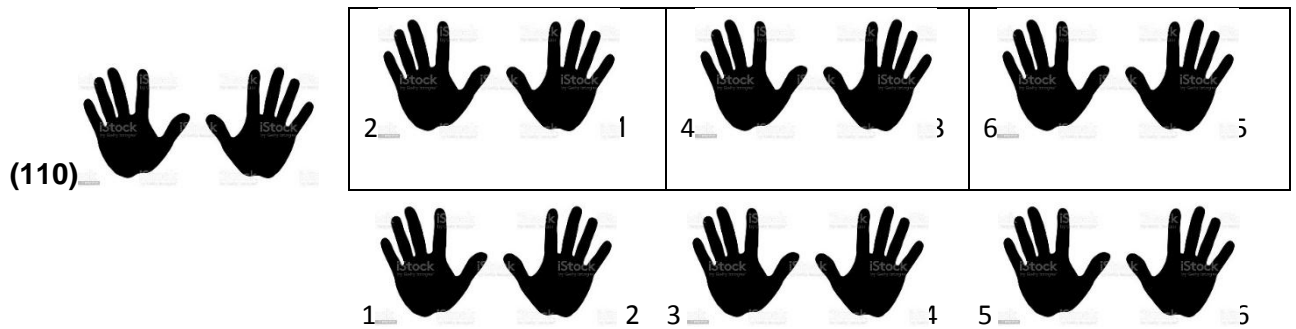
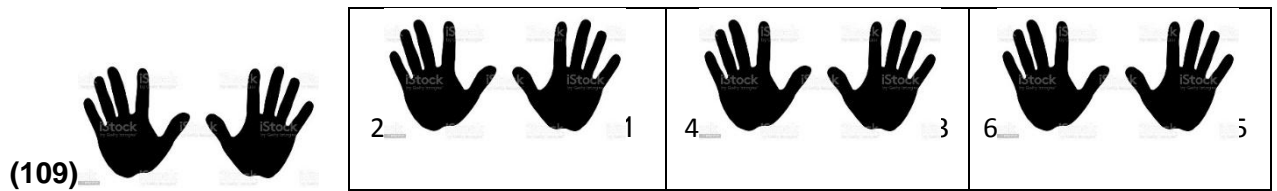
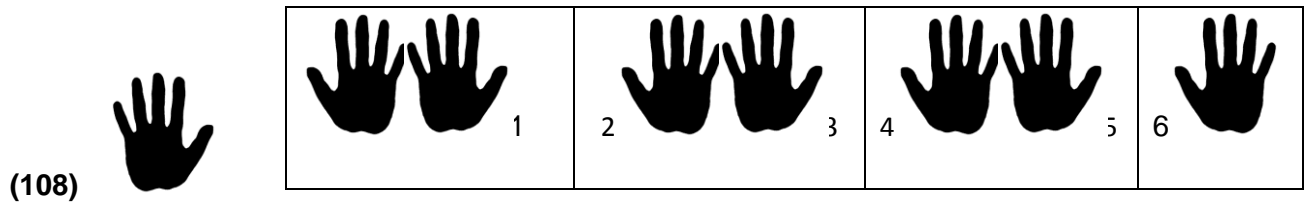
Vienas atsispaudimas siaurai, kitas plačiai rankomis.

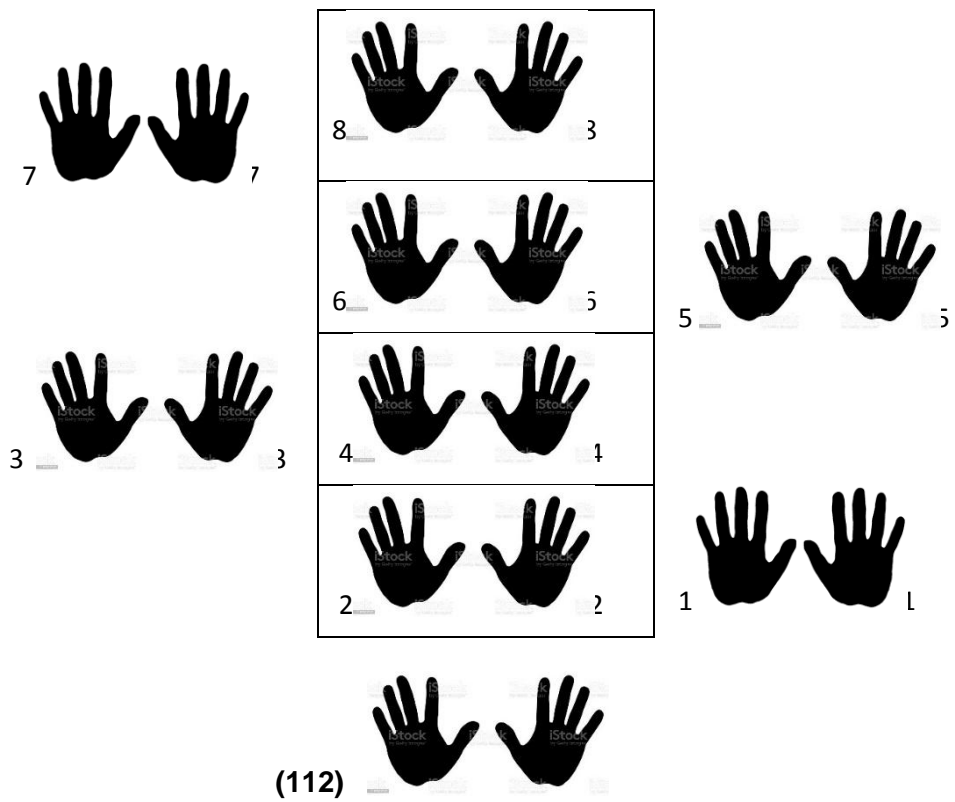
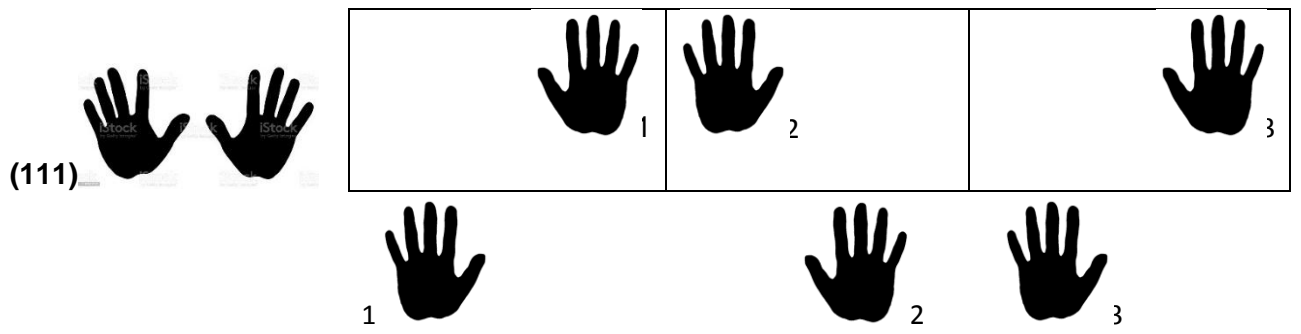


























Atsispaudimas

Atsispaudimas







Pratimai su kliūtimis

(114) 

