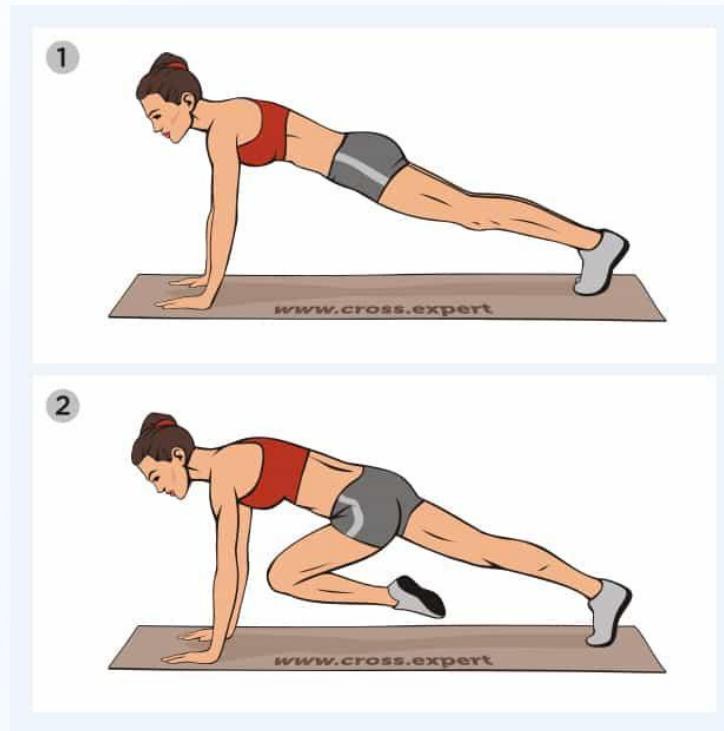
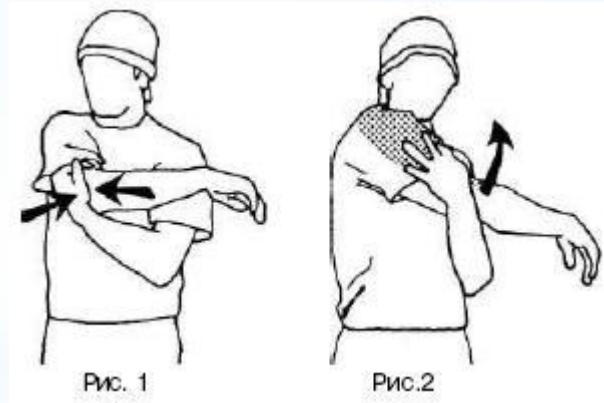
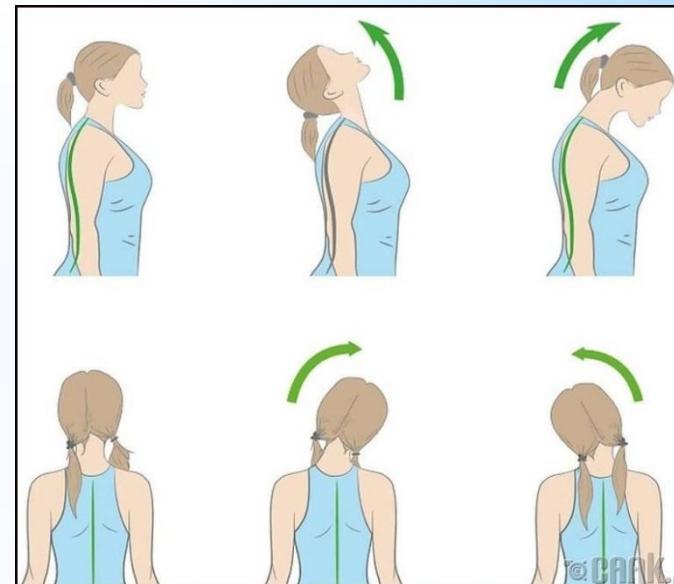


***3.klase**



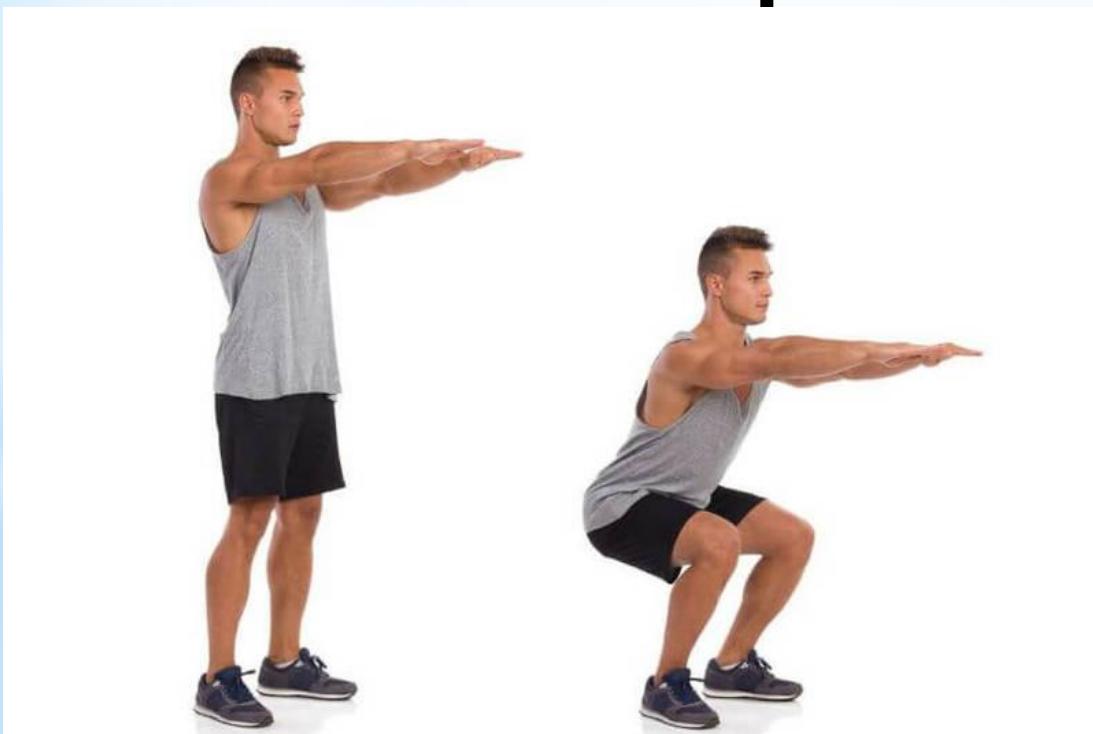
*Vingrinājums
(alpīnists)-30 sec

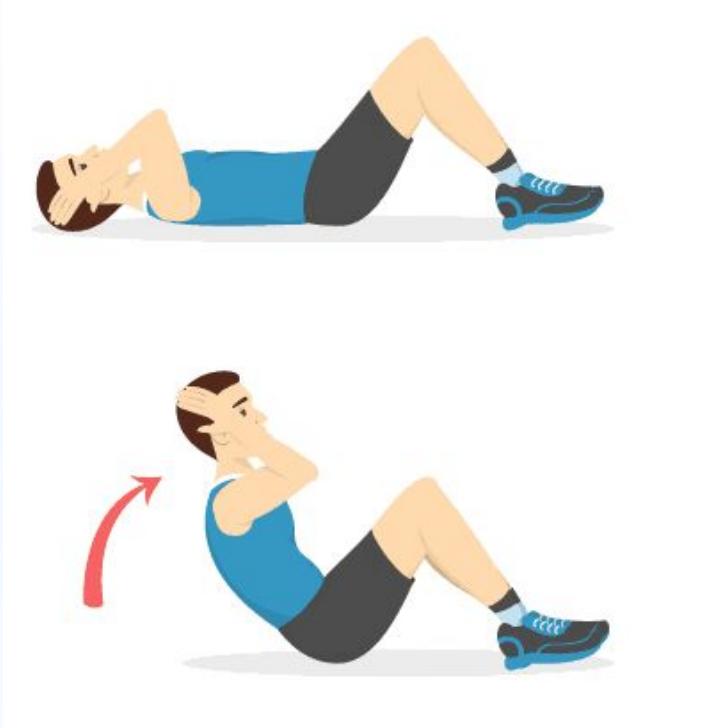


*

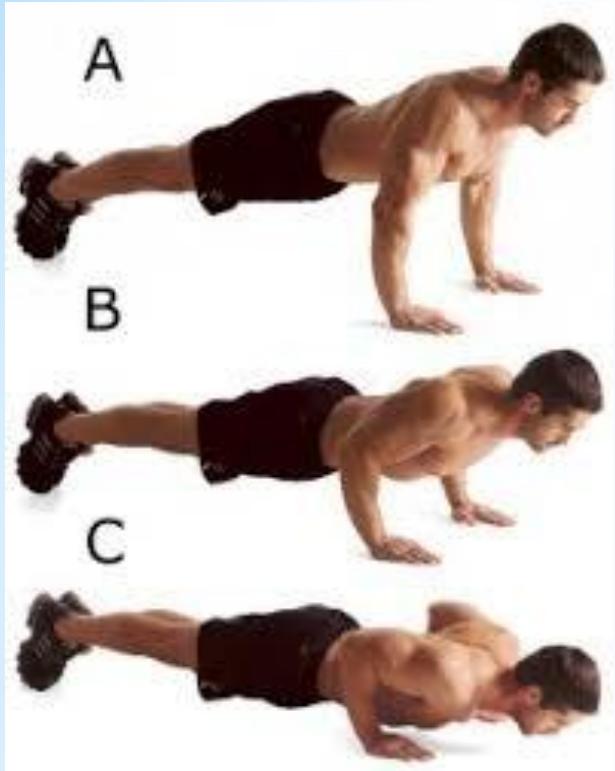
Stiepjas-2-3 min

***Zēni 2*15reizes
Meitenes 2*10reizes
atpūsties(30-40 sec)**

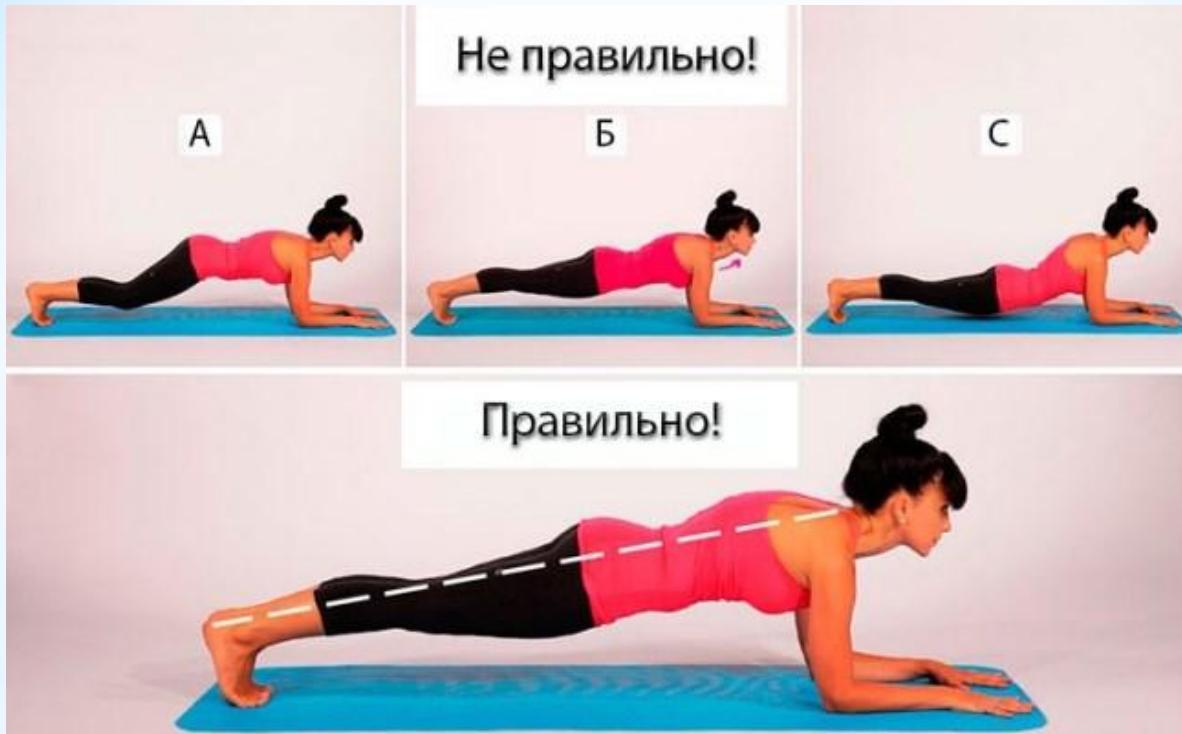




***Zēni *15reizes**
Meitenes *10reizes



*Zēni 2*15reizes
Meitenes 2*10reizes
atpūsties(30-40 sec)



*Zēni-30 sec
Meitenes-30sec



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*vingrinājums(kobra)-
30sec



*aplaudēt rokas un
kājas(хлопки руками и
ногами) 10-12 reizes

***Paldies par stundu**