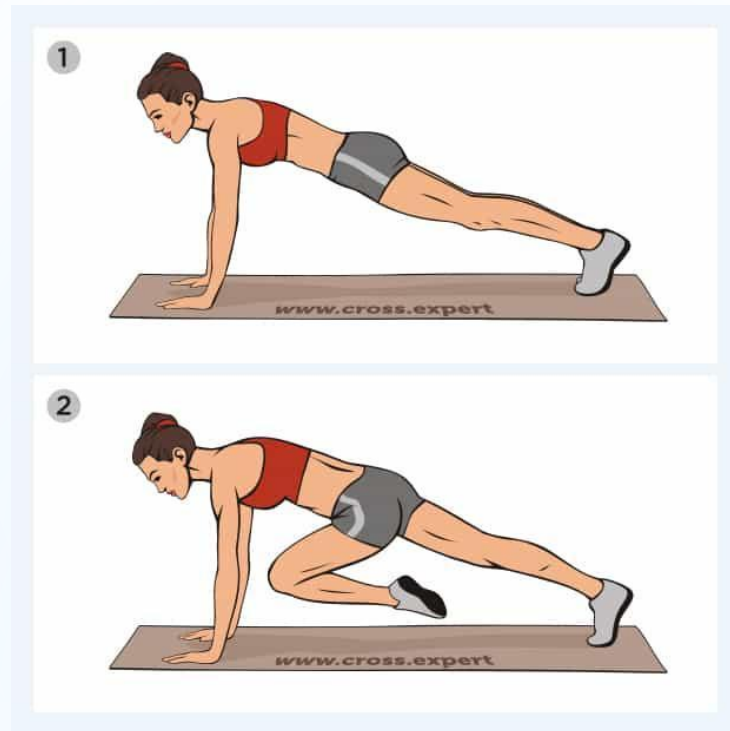
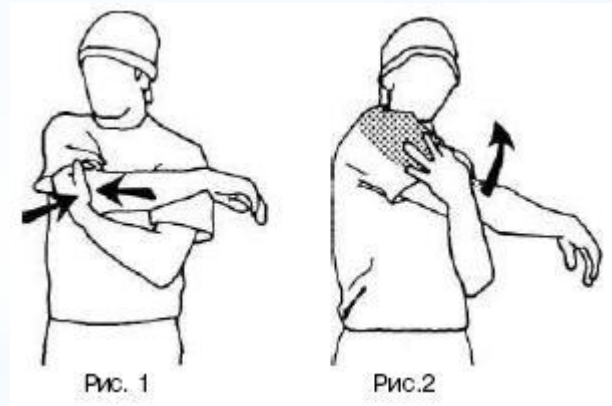
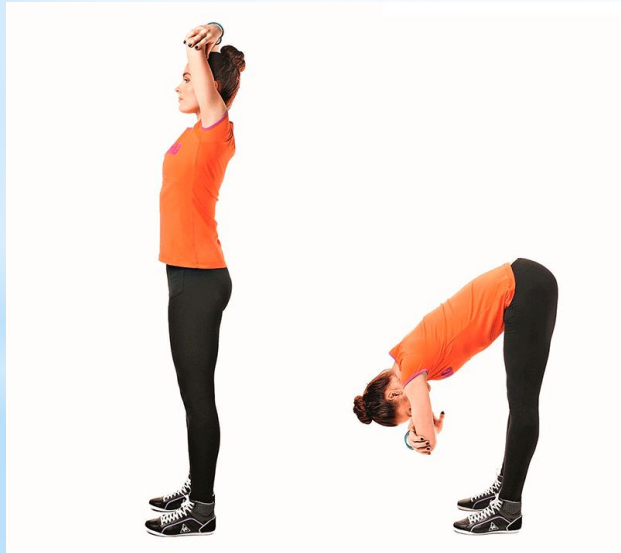
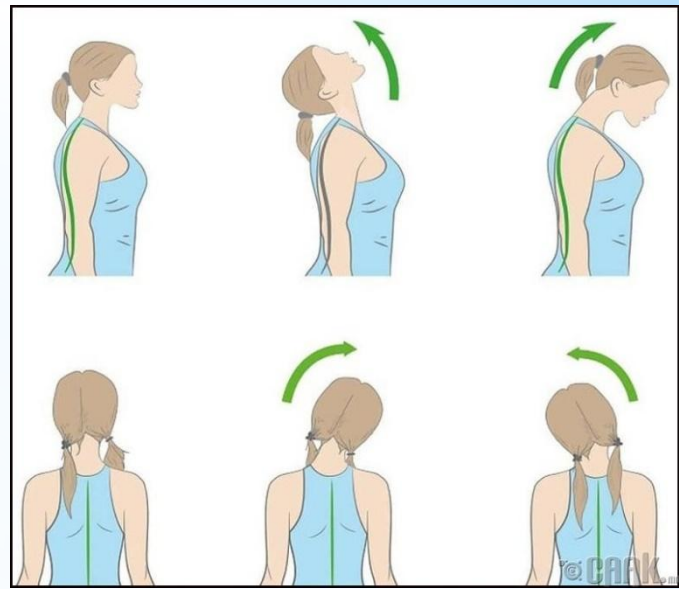


*** 3.klase**



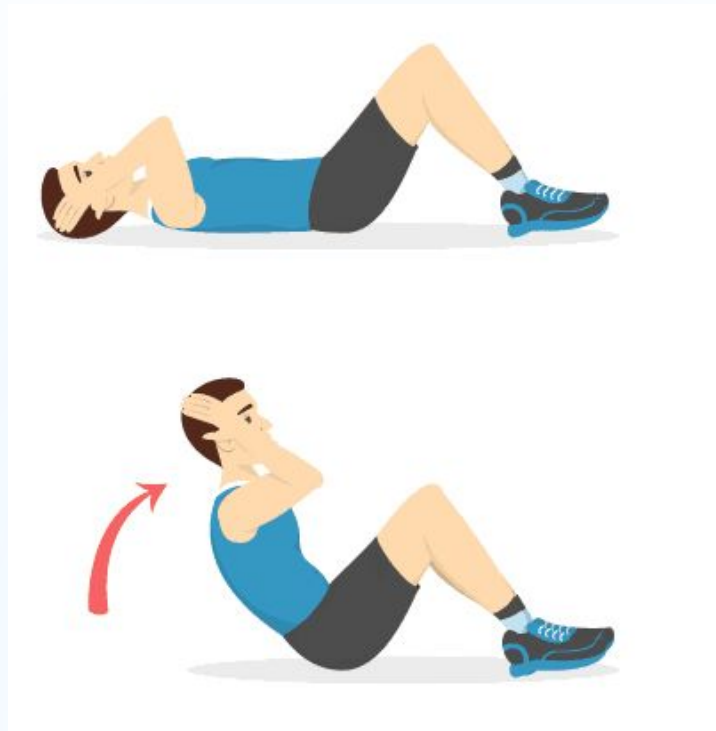
***Vingrinājums(
alpīnists)-30 sec**



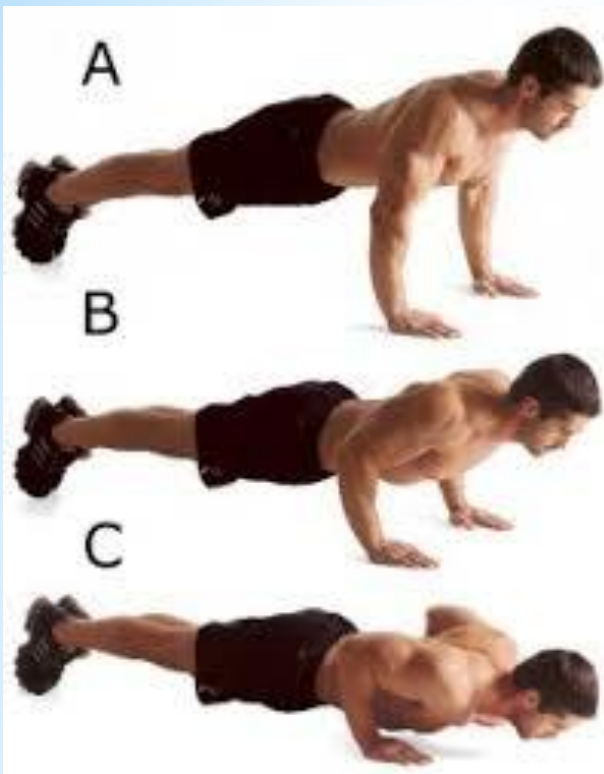
Stiepjas-2-3 min

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

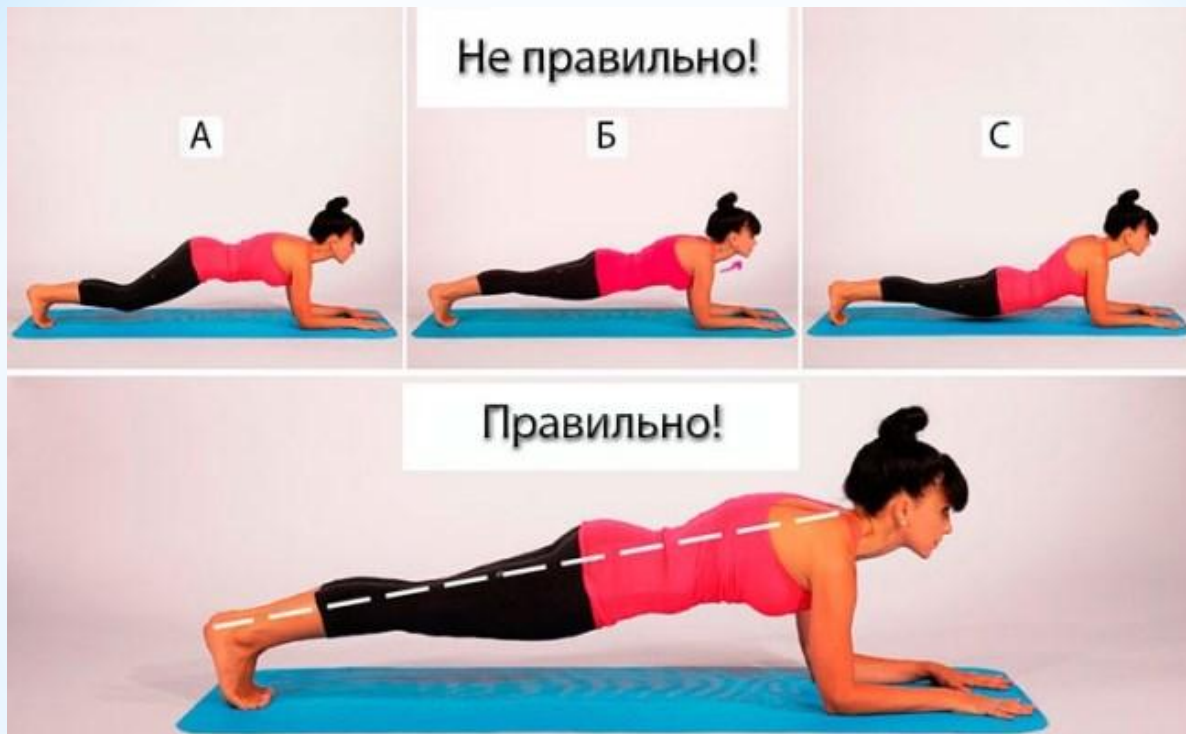




***Zēni *15reizes**
Meitenes *10reizes



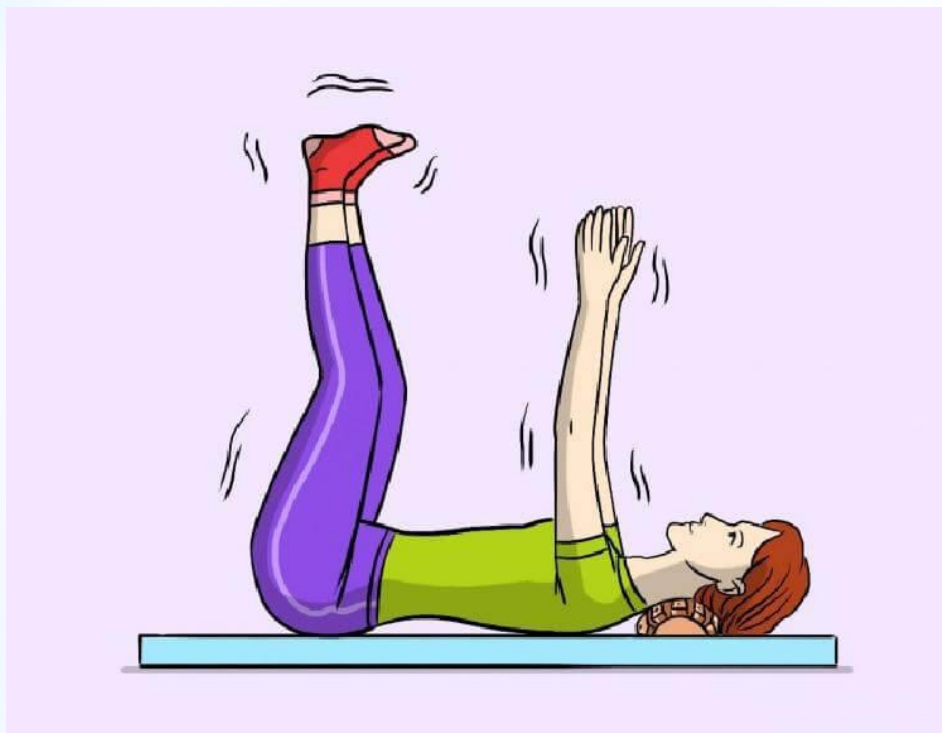
***Zēni 2*15reizes**
Meitenes 2*10reizes
atpūsties(30-40 sec)



***Zēni-30 sec**
Meitenes-30sec



***vingrinājums(kobra)-
30sec**



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

***Paldies par stundu**