

Муниципальное бюджетное дошкольное образовательное учреждение № 1  
г. Липецк

Степка Книжкин

и

физкультура

для детей от 4 лет

Инструктор по ФК: Мельникова Н.Н.





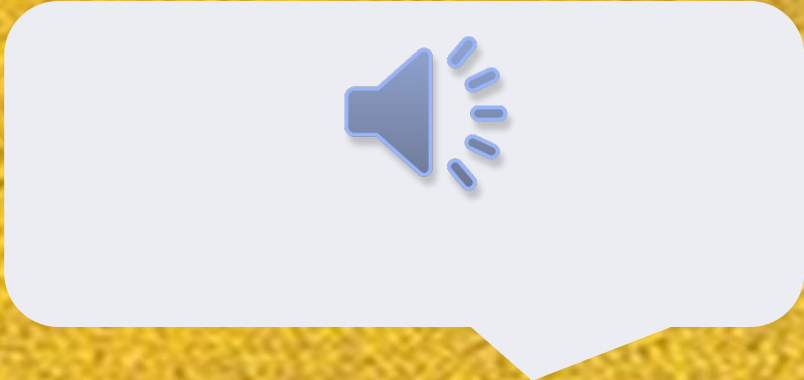








1



A screenshot of a fitness application interface. The background features a blue and white diagonal striped pattern. In the center, two 3D cartoon avatars, a girl and a boy, stand on a light-colored mat. In the top left corner, there is a small video thumbnail showing a group of people in a gym. In the top right corner, the text 'ПУМА ЮНІОР TV' is displayed next to a trophy icon. Below this, a red box shows '0/30' and a green box shows 'Jumping Jacks'. In the bottom right corner, a green box contains 'NEXT &gt;' and a white box contains a clock icon and the word 'Rest'.



2

The screenshot shows a fitness application interface with a dark background and diagonal stripes. In the top left corner, there is a small video thumbnail showing a group of people exercising outdoors. In the top right corner, the logo "ПУМА ЮНІОР TV" is displayed next to a trophy icon. Below the logo, the text "30/30" is shown in a large font, and "Jumping Jacks" is written in a smaller font. In the center of the screen, a white clock icon is positioned above the text "Rest :00". Two cartoon avatars, a girl on the left and a boy on the right, are standing on a grey platform. In the bottom right corner, there is a green button labeled "NEXT >" above a small preview image of the two avatars performing a side lunge.



3



0/14

T Plank



NEXT >





4



ПУМА  
ЮНИОР TV



0/30

Scissor Kicks



NEXT >



Rest

5

The screenshot shows a fitness application interface. At the top left, there is a small video thumbnail showing a group of people in a gym. In the top right corner, the logo for "ΠΥΜΑ ΙΟΥΝΙΟΡ TV" is displayed next to a trophy icon. Below the logo, the text "30/30" is shown in a large font, and "Scissor Kicks" is written in a smaller font. The main area of the screen is dark and features two cartoon characters lying on their backs with their legs raised in the air. A white clock icon is positioned between the characters, and the word "Rest" is written in large white letters across the center. In the bottom right corner, there is a green button labeled "NEXT >" above a small thumbnail showing two cartoon characters in a plank position.



6



ПУМА  
ЮНИОР TV



0/8

Knee Push Ups



NEXT >



Rest



7



ПУМА  
ЮНІОР TV



0/30

High Step March

NEXT >



Rest





ПУМА  
ЮНІОР TV

0/30

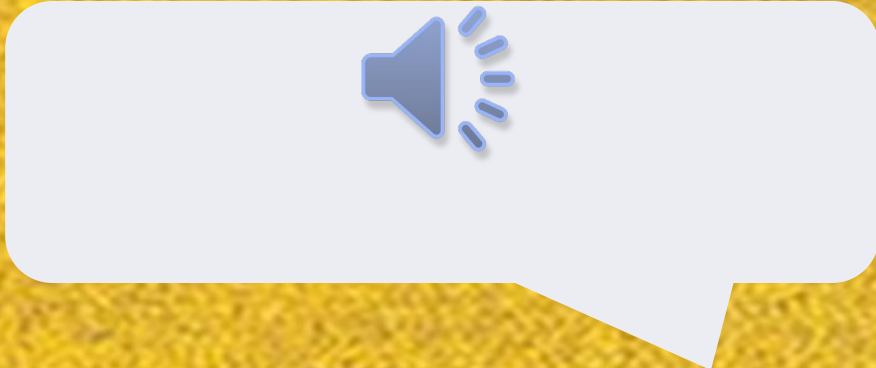
Jumping Jacks

NEXT >



Rest





































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ЗДОРОВЬЯ

Центр когнитивных технологий







## **Ссылки на сайты:**

<https://www.youtube.com/watch?v=PX-ACrm7rk0>

<https://www.youtube.com/watch?v=D2qdUV9UF2U>

<https://www.youtube.com/watch?v=glx-Vhqymv4>

[https://www.youtube.com/watch?v=5eie\\_sJTZ1Y](https://www.youtube.com/watch?v=5eie_sJTZ1Y)

