

Муниципальное бюджетное дошкольное образовательное учреждение № 1
г. Липецк

Степка Книжкин

и

физкультура

для детей от 4 лет

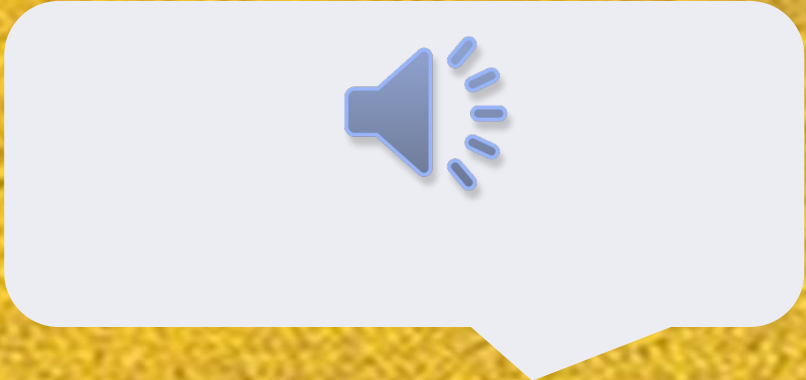
Инструктор по ФК: Мельникова Н.Н.







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 inset image of a group of people playing volleyball. In the top right corner, a red and white box displays the text 'ПУМА ЮНІОР TV' with a trophy icon, and below it, '0/30'. Below this, a green box contains the text 'Jumping Jacks'. In the bottom right corner, a green box with 'NEXT >' is positioned above a white box containing a clock icon and the text '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. 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 below it. In the center of the screen, a clock icon is positioned above the text "Rest :00". Two cartoon characters, a girl in overalls and a boy in a t-shirt, stand on either side of the central text. In the bottom right corner, there is a green button labeled "NEXT >" above a small preview image of the two characters in a different pose.

3



ПУМА ЮНІОР TV



0/14

T Plank



NEXT >



Rest

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 of a group of people in a gym. At the top right, 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. In the center of the screen, two cartoon characters are lying on their backs on a dark surface, with their legs raised and bent at the knees. A white clock icon is positioned between them, and the word 'Rest' is written in large white letters across the middle. At the bottom right, there is a green button labeled 'NEXT >' above a small thumbnail showing the characters in a different exercise 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

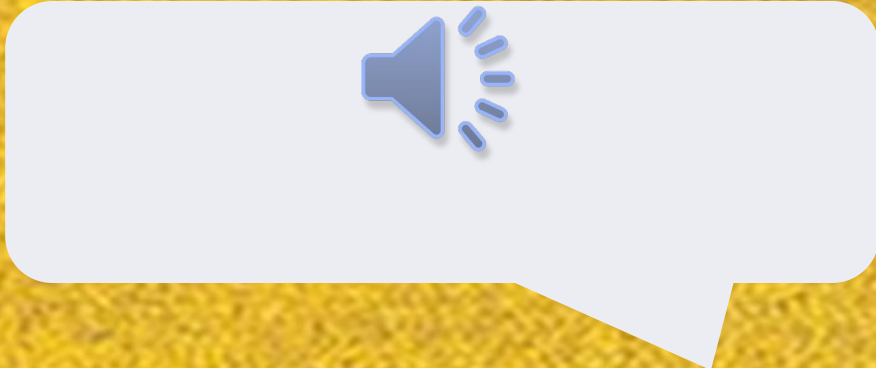
0/30

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

