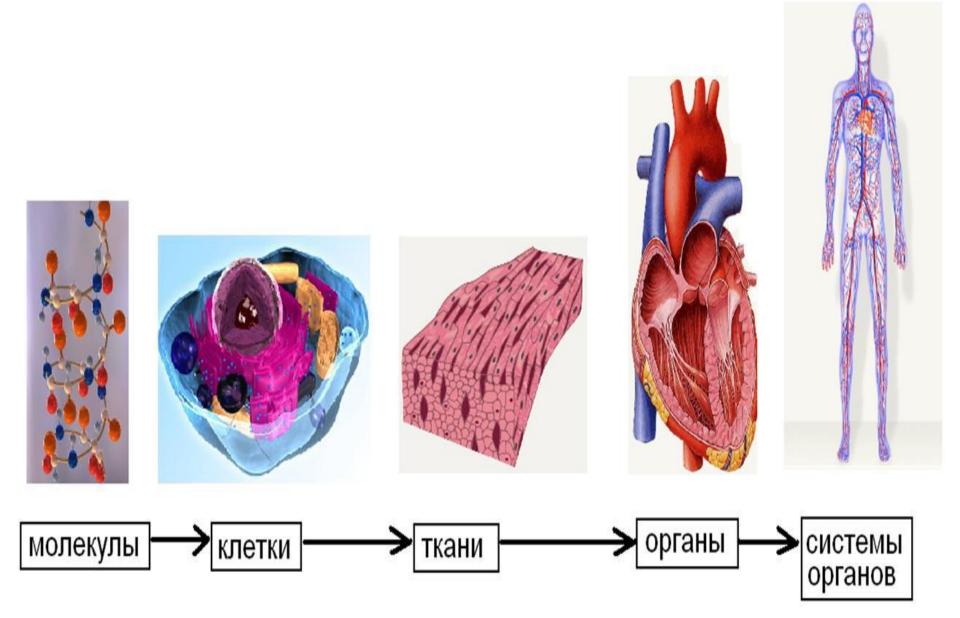
способность человека Быстрота-ЭТО выполнять двигательные действия B минимальное для данных условий время, без снижения эффективности техники, выполняемого двигательного действия. Гибкость-Способность человека выполнять упражнения с большой амплитудой. Также Гибкость — абсолютный диапазон в суставе или ряде суставов, движения который достигается в мгновенном усилии

Выносливость (человека) — способность организма сопротивляться выполнению какойпродолжительному либо работы без заметного снижения работоспособности - это способность человека Сила преодолевать внешнее сопротивление или противостоять ему за счет мышечных усилий (напряжений)

Уровни организации организма





#### ИУНИЦИПАЛЬНОЕ ОБЩЕОБРАЗОВАТЕЛЬНОЕ У ЧРЕЖ ДЕНИЕ БЕЛОЯРСКОГО РАЙОНА «СРЕДНЯЯ ОБЩЕОБРАЗОВАТЕЛЬНАЯ ШКОЛА в. ЛЫХМА»

### Последствия плоскостопия

- Сколноз
- Остеохондроз
- Радикулит
- Артрит
- Артроз
- Варикозное расширение вен
- Ускорение износа всего опорно-двигательного аппарата





### ГЛАГОЛ <u>ТО ВЕ</u> В ПРОШЕДШЕМ ВРЕМЕНИ

I was He was She was It was

We were You were They were

## Утвердительные предложения I was play ing You were playing She was playing He was playing We were playing They were playing

# Отрицание

I was not playing You were **not** playing playing She was not He was not playing playing We were **not** They were not playing



# Вопросительные предложения

- Was I playing? Yes, I was. No, I wasn't
- Were you playing? -Yes, you were. No, you weren't.
- Was she/he playing? -Yes, she/he was. No, she/he wasn't.
- Were they playing?-
- Yes, they were. No, they weren't.



At ... o'clock yesterday when mother came home the whole evening yesterday the whole morning yesterday from 2 till 4 yesterday I (read) a book when he came in. 2. The sun (shine) when we went out. 3. When you came in, I (write).4. It (rain) in the morning when I got up. 5. He (work) all day yesterday. 6. We (live) in France when the war began. 7. He (walk) across the bridge when I saw him. 8. John got off the train while it (go). 9. I (play) the piano when he came into the room. 10. The woman (eat) her dinner when I came home.

## ЗАДАЙТЕ ВОПРОСЫ К ПРЕДЛОЖЕНИЯМ

We were packing our things the whole day.(How long).
They were flying over the city at that time (Where).
We was helping the farmers when it began to rain (What).
When I called you yesterday, you were working hard (When).
When we saw them, the boys were swimming.
The horses were running very fast.
This time yesterday, we were sitting here.
It was raining hard when I came to school.