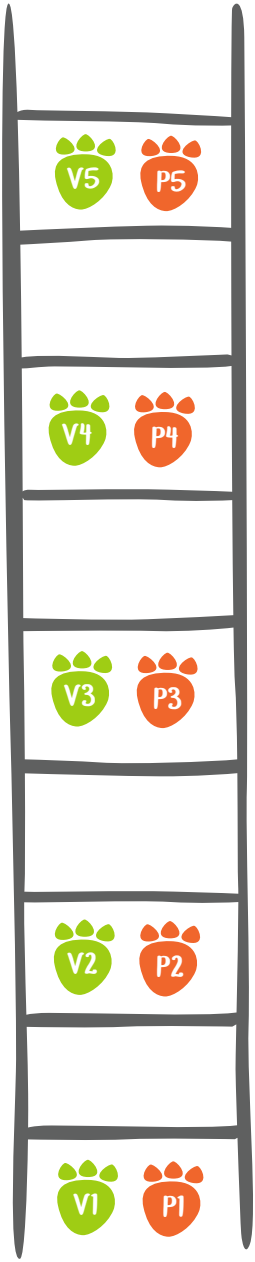
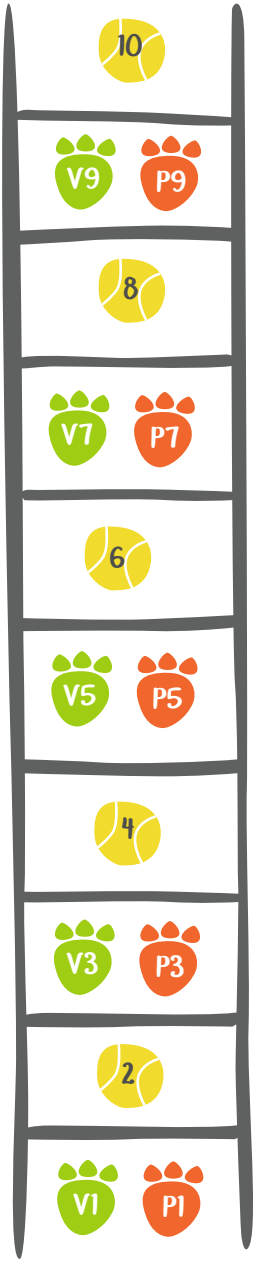
Laste Tervisekool

100 harjutust

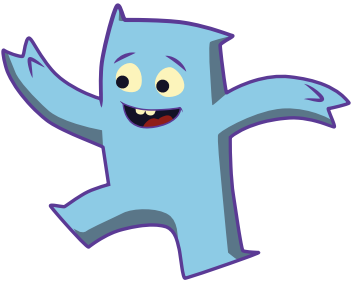
Redeliharjutused

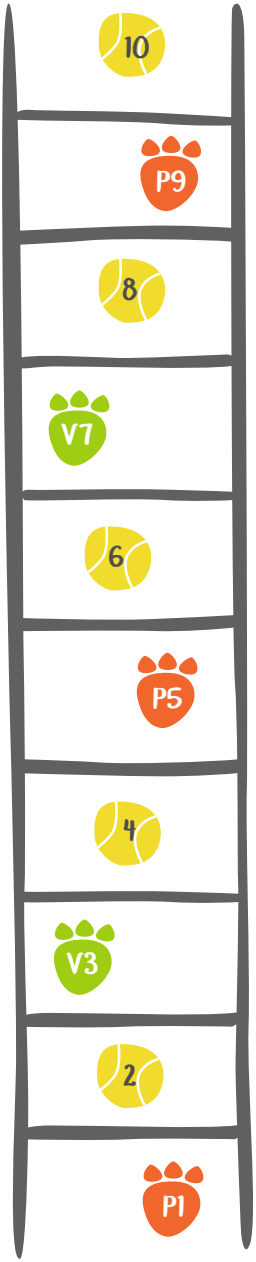


Hüppa koos jalgadega üle ühe kasti.



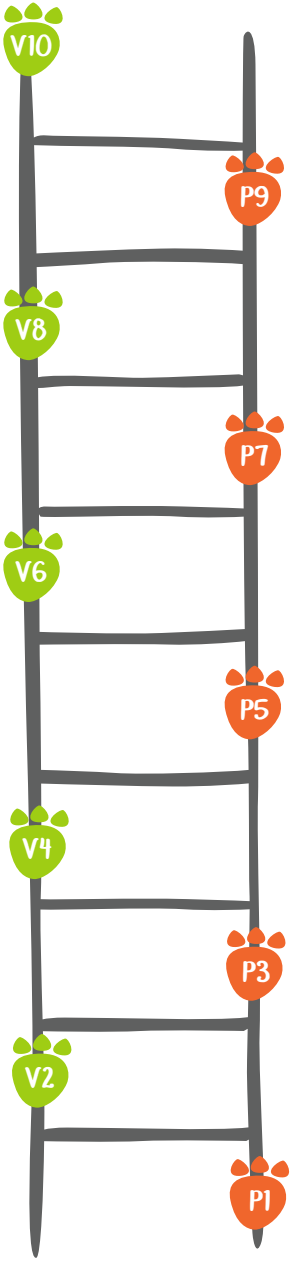
Hüppa koos jalgadega üle ühe kasti. Vahepealsesse tühja kasti tee tennispalli põrgatus



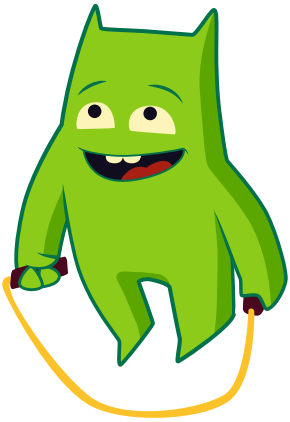


Hüppa vaheldumisi parema ja vasaku jalaga üle ühe kasti. Vahepealsesse tühja kasti tee tennispalli põrgatus.

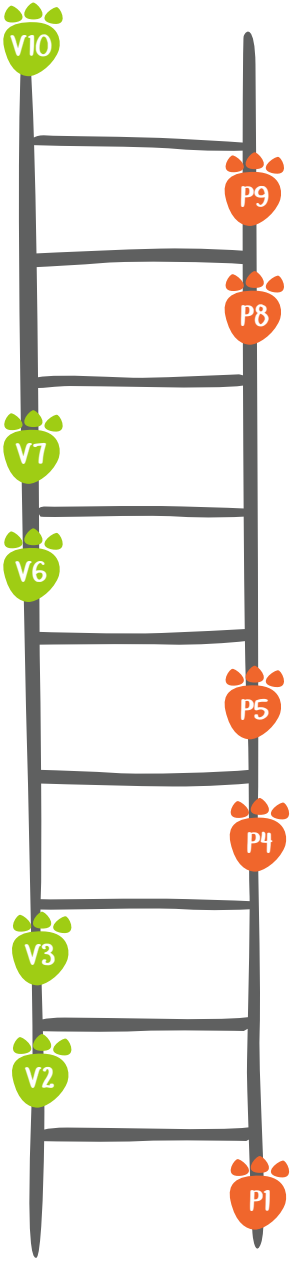
Redeliharjutused



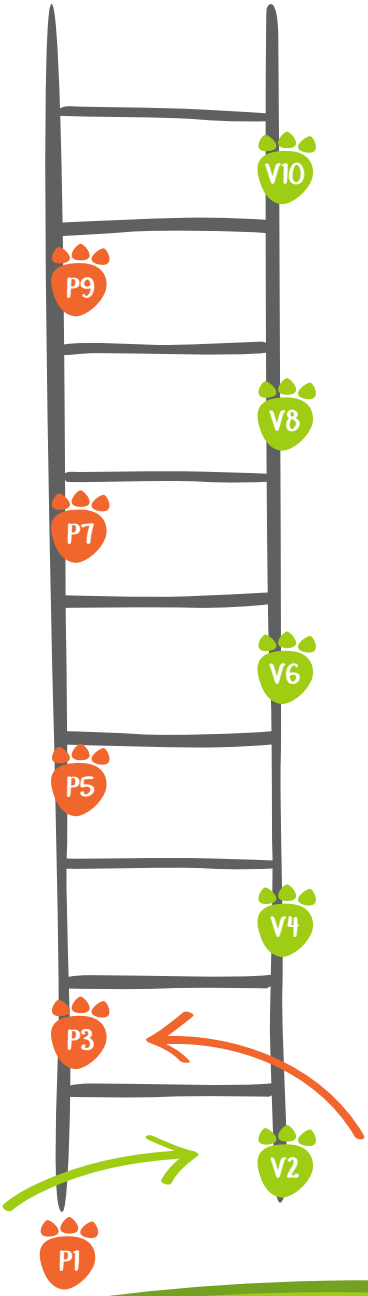
Hüppa kordamööda parema ja vasaku jalaga küljejoonele.



Redeliharjutused

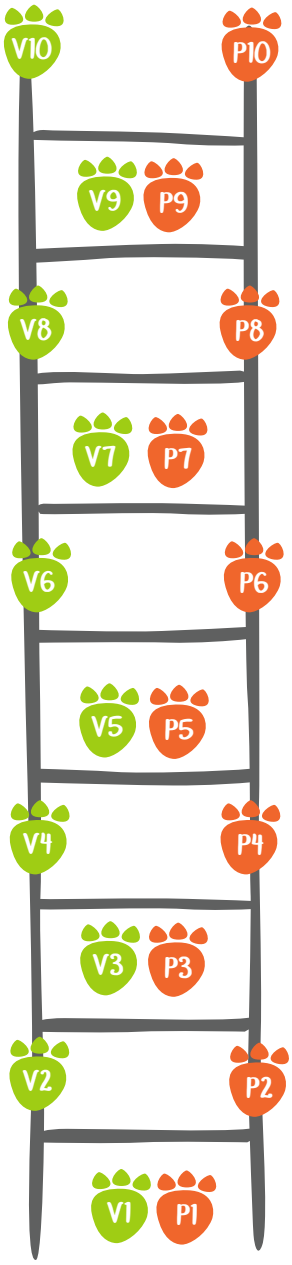


Hüppa kõigepealt parema jalaga küljejoonele. Edasi hüppa küljejoonele kordamööda vasaku jalaga kaks korda järjest ja siis parema jalaga kaks korda järjest.

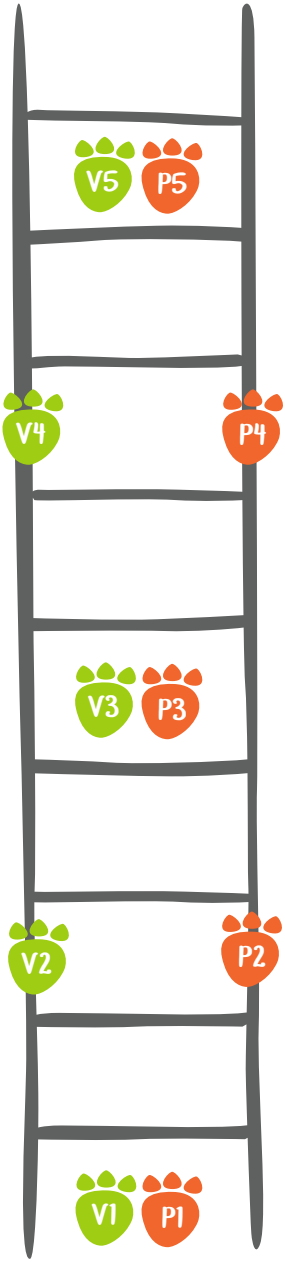


Hüppa ristsammuga kordamööda parema jalaga vasakule küljejoonele ja siis vasaku jalaga paremale küljejoonele.

Redeliharjutused

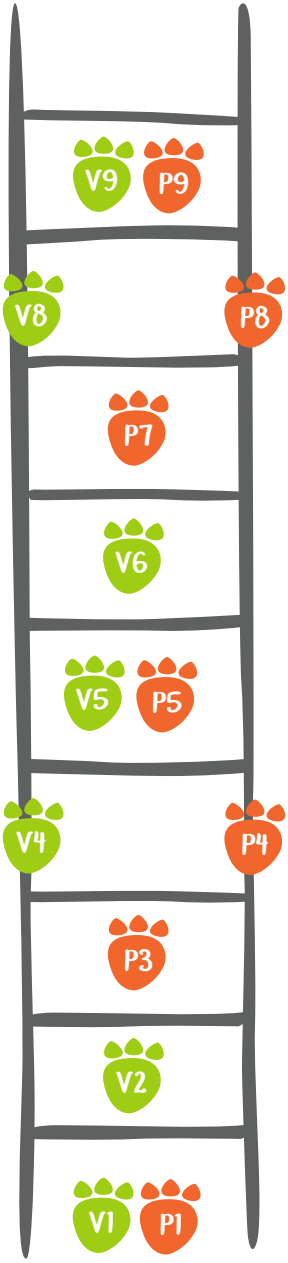


Hüppa koos jalagadega kordamööda kõigepealt kasti sisse ja siis küljejoontele.

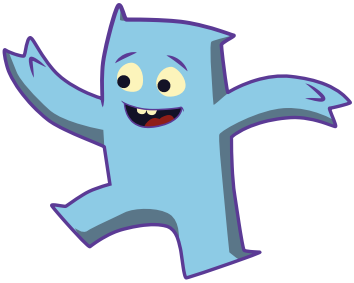


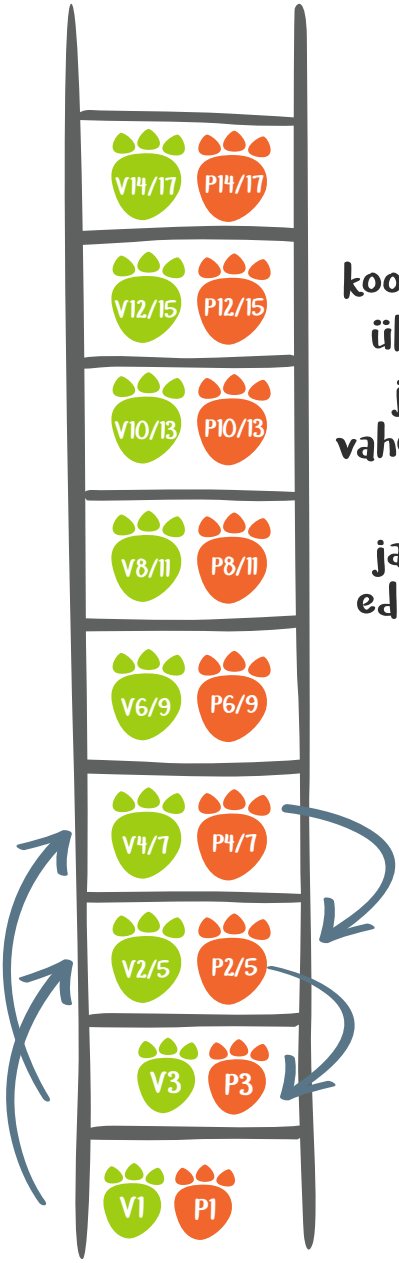
Hüppa koos jalagadega kordamööda kõigepealt kasti sisse ja siis küljejoonele. Jäta iga hüppe vahel üks kast tühjaks.

Redeliharjutused



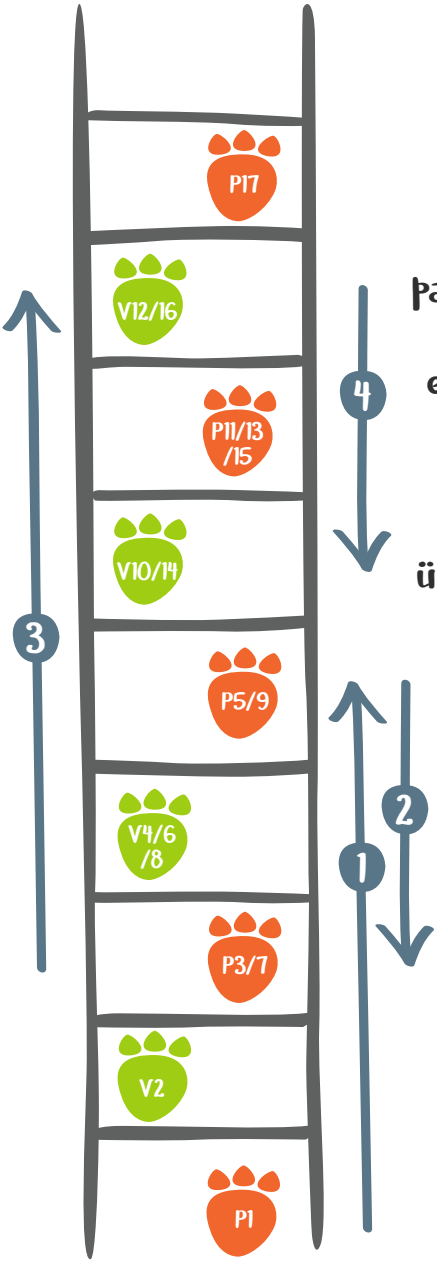
Hüppa kõigepealt koos jalgadega kasti sisse, siis ainult vasaku jalaga, siis ainult paremaga ja lõpuks koos jalgadega äärejoonte peale. Korda sama rütmi redel lõpuni.





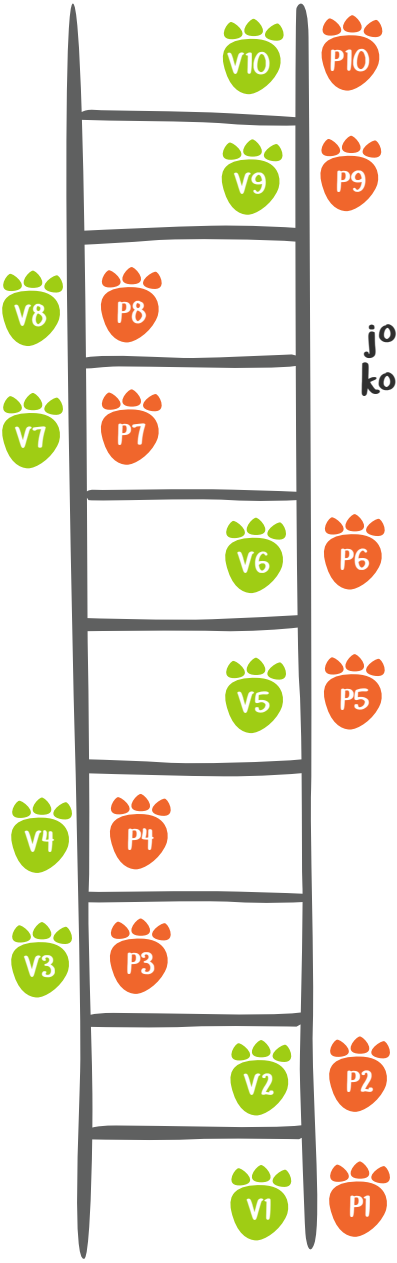
Hüppa koos jalgadega üle ühe kasti edasi ja siis tagasi vahelejäänud kasti. Jätka koos jalgadega kaks edasi, üks tagasi hüppamist.

Redeliharjutused



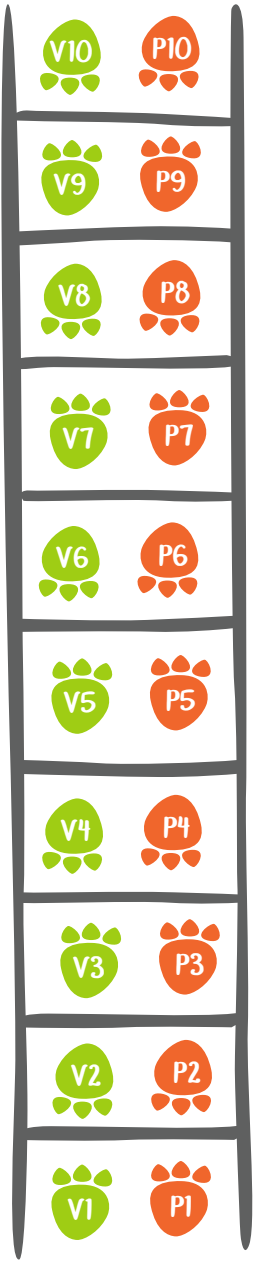
Hüppa kordamööda parema ja vasaku jalaga 5 kasti edasi ja 2 kasti tagasi. Ühes kastis tohib maas olla üks jalg korraga.

Redeliharjutused



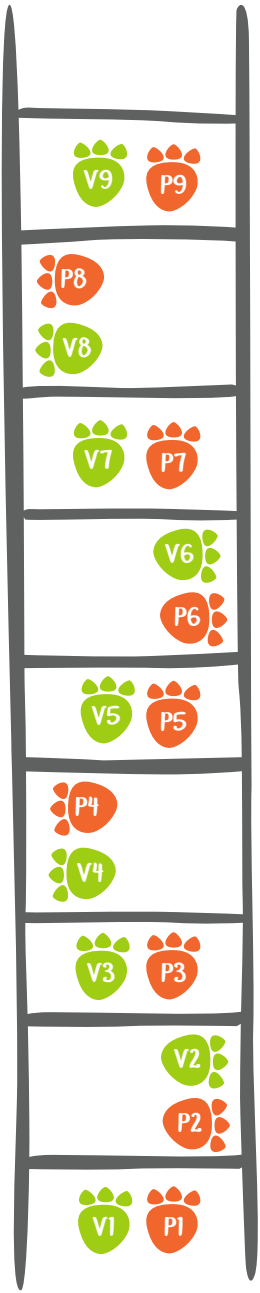
Hüppa koos jalagadega kaks korda parempoolsele joonele ja siis kaks korda vasakpoolsele joonele nii, et redeli äärejoon jääb jalgade vahele.

Redeliharjutused

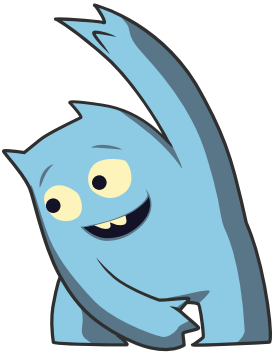


Hüppa koos jalagadega keha keerates järgmisesse kasti kord nägu edaspidi suunas, kord tagurpidi suunas.

Redeliharjutused



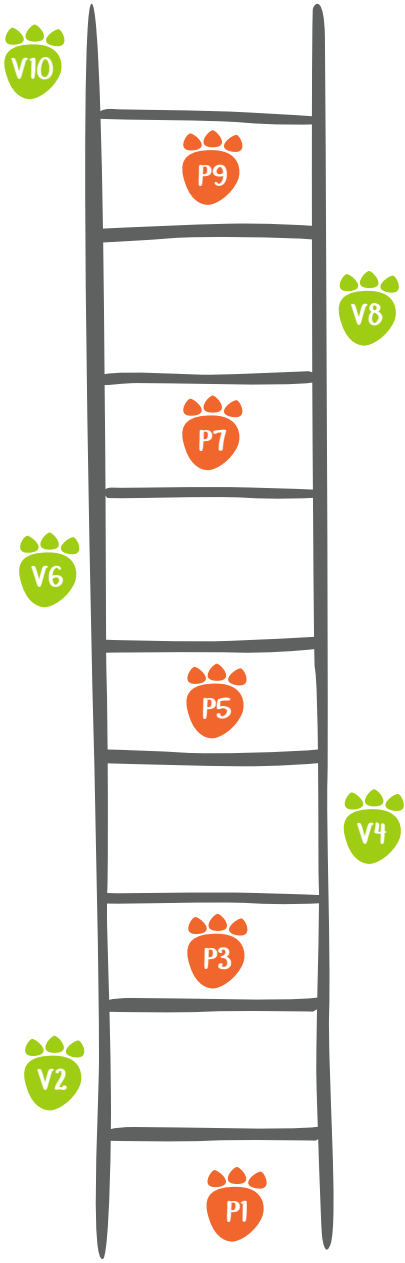
Hüppa koos jalgadega järgmisesse kasti kordamööda näoga otse, näoga paremale, näoga otse, näoga vasakule.



Redeliharjutused

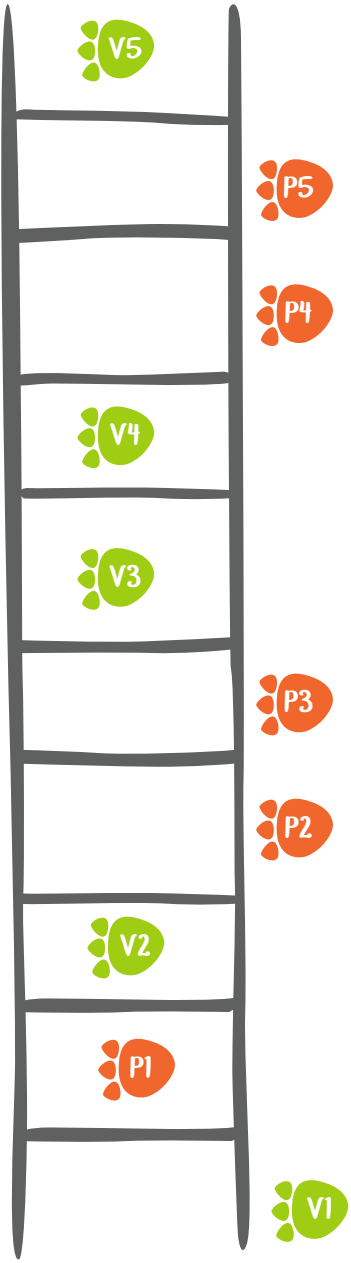
Hüppa kordamööda parem jalg, koos jalad, vasak jalg jämisesse kasti. Kahe jalaga kastis seistes tee enne uut hüpet üks kükk.

Redeliharjutused

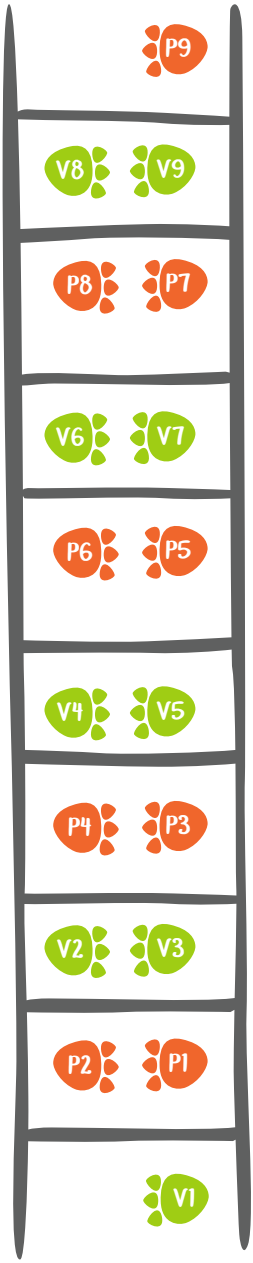


Hüppa!

Redeliharjutused



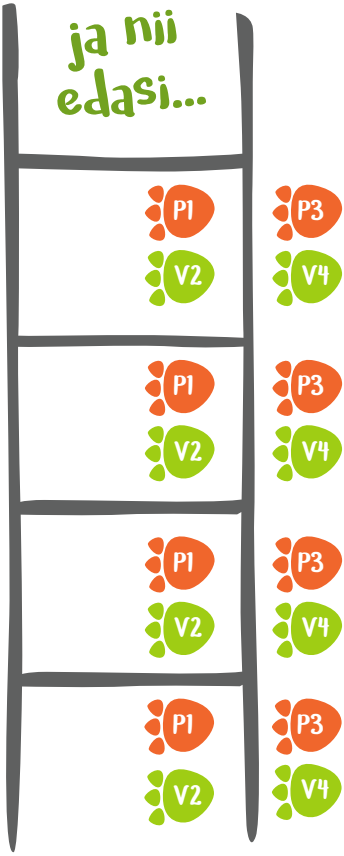
Käär-hüpped!



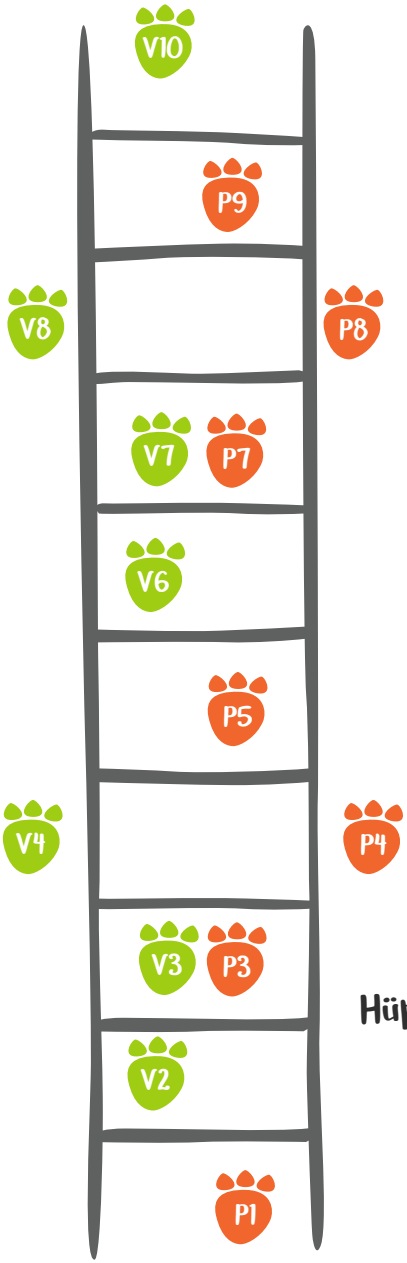
Pöördega hüpped!

Redeliharjutused

Triblamine
(sisse, välja, sisse, välja)

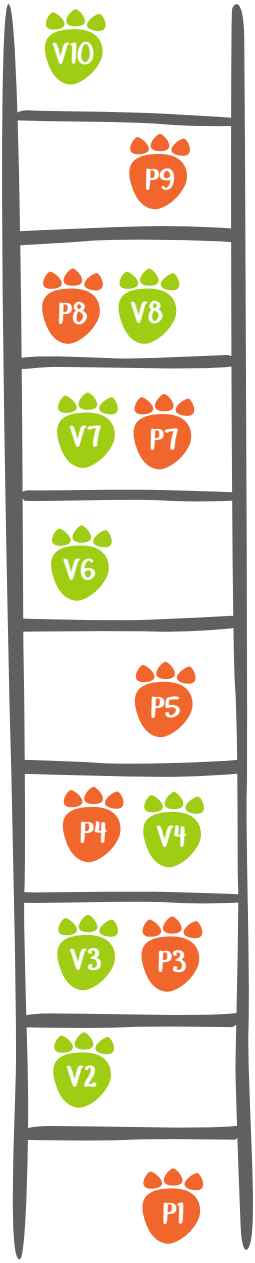


Redeliharjutused

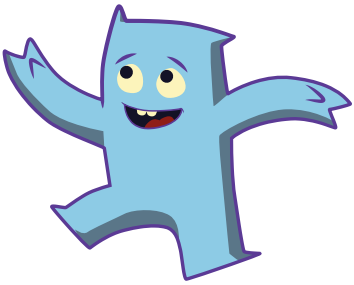


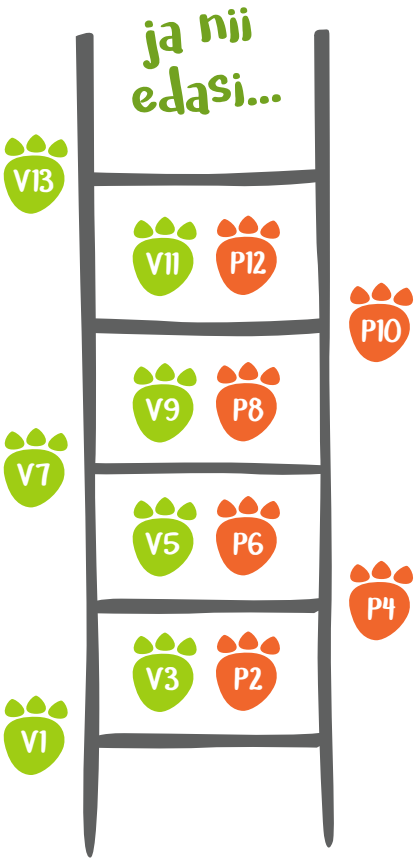
Hüppa parem, vasak, kokku, harki.

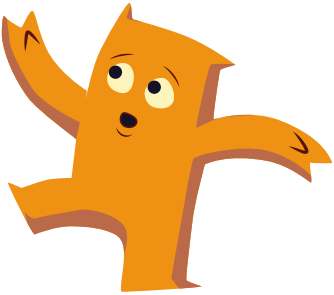
Redeliharjutused

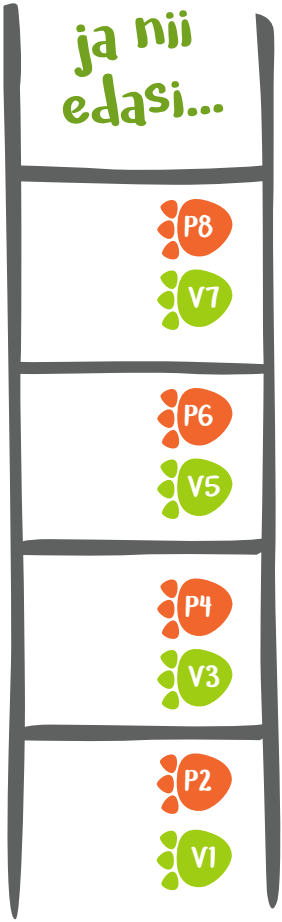


Parem, vasak,
kokku, risti!

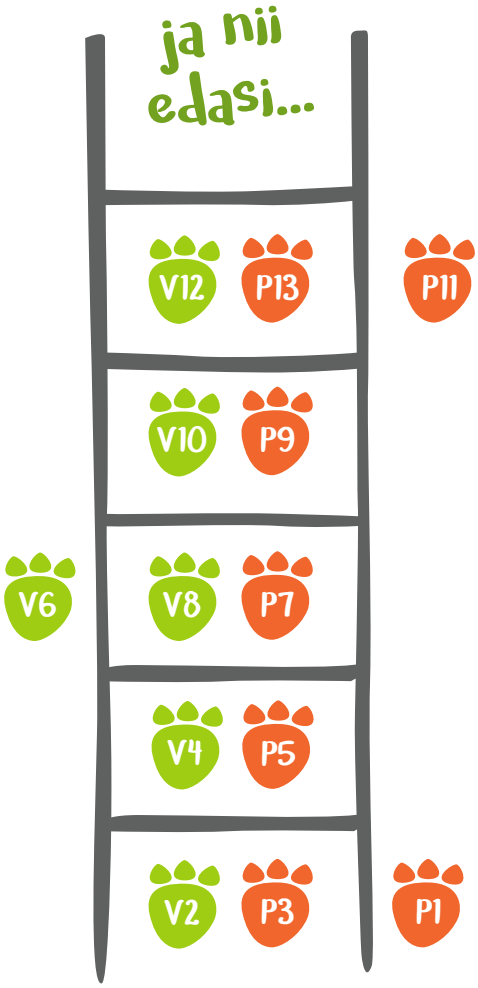


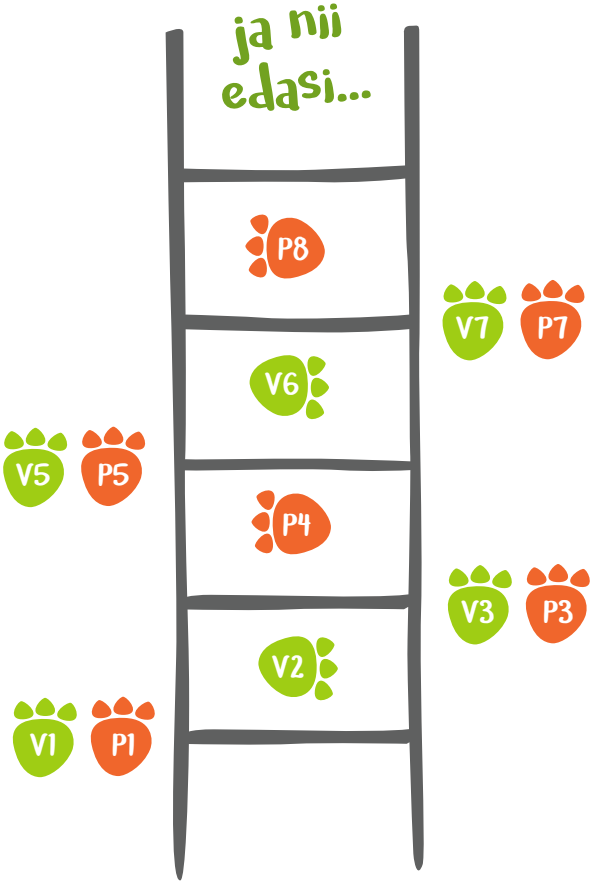

ja nii edasi...
V13
V11
P12
P10
V9
P8
V7
V5
P6
P4
V3
P2
V1





Põlvetõste jooks külg ees.


ja nii edasi...
V12
P13
P11
V10
P9
V6
V8
P7
V4
P5
V2
P3
P1


ja nii edasi...
P8
V7
P7
V6
V5
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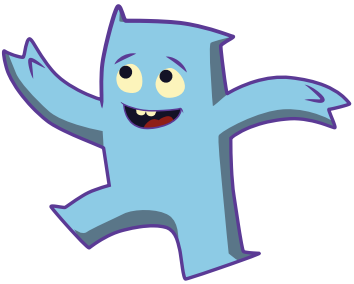
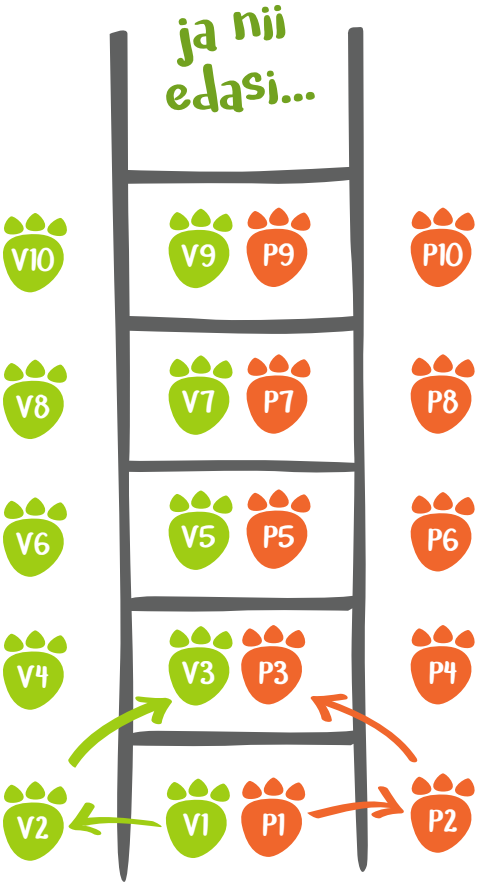
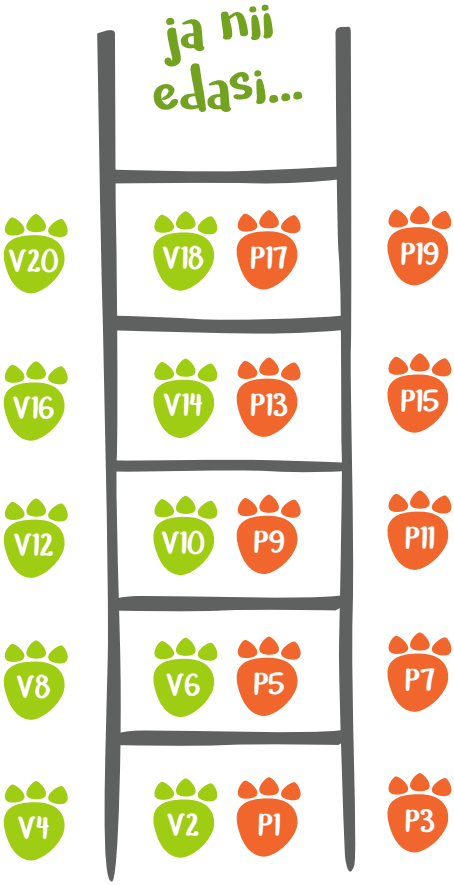
P4
V3
P3
V2
V1
P1



Redeliharjutused

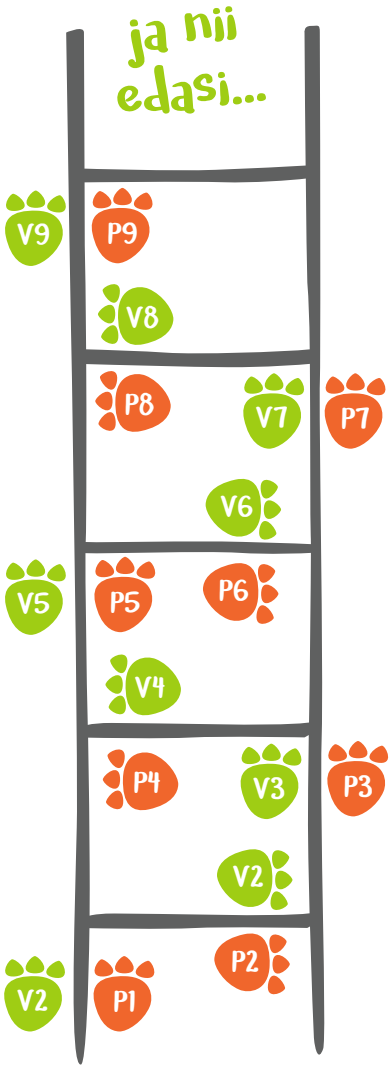
Kokku, harki, kokku, harki hüpped

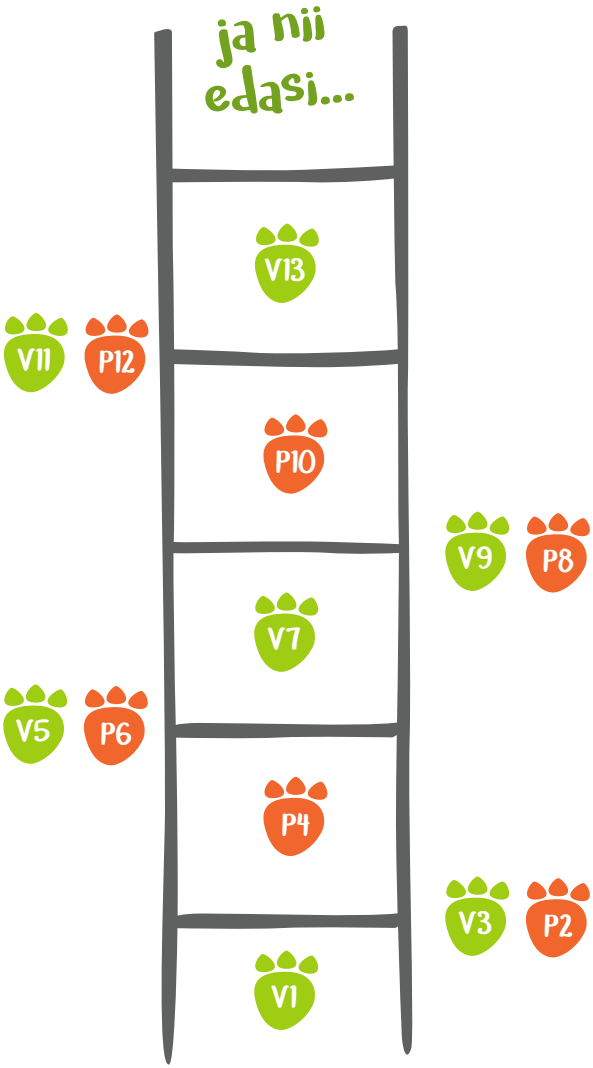



ja nii edasi...
V20
V18
P17
P19
V16
V14
P13
P15
V12
V10
P9
P11
V8
V6
P5
P7
V4
V2
P1
P3

Redeliharjutused

Suunamuutusega koos jalgadega hüpped.

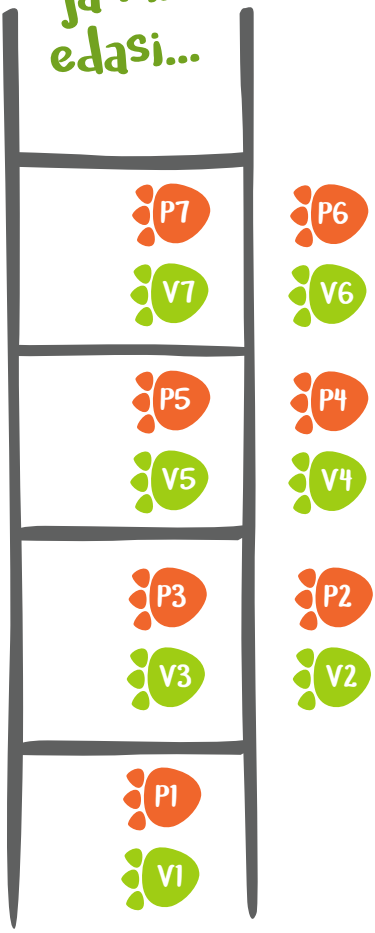



ja nii edasi...
V13
V11
P12
P10
V9
P8
V7
V5
P6
P4
V3
P2
V1

Redeliharjutused

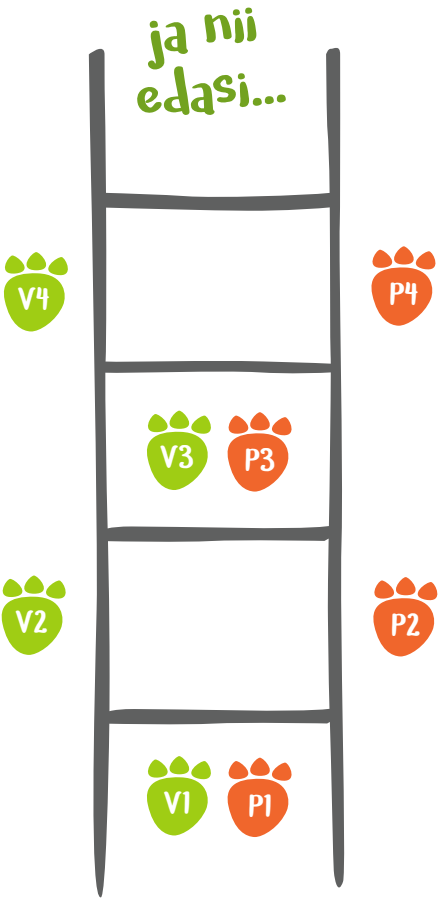
Ette, taha hüpped.

ja nii edasi...



Redeliharjutused

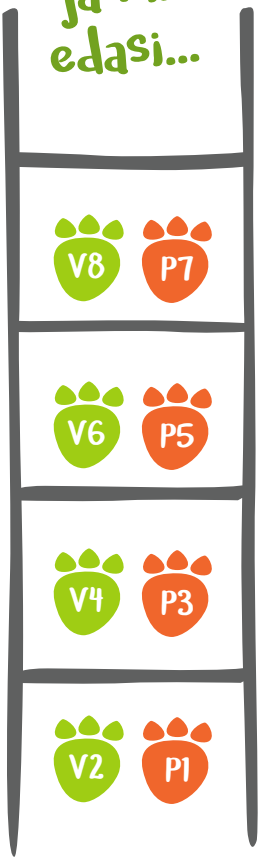
Kokku, harki, kokku, harki hüpped.



Redeliharjutused

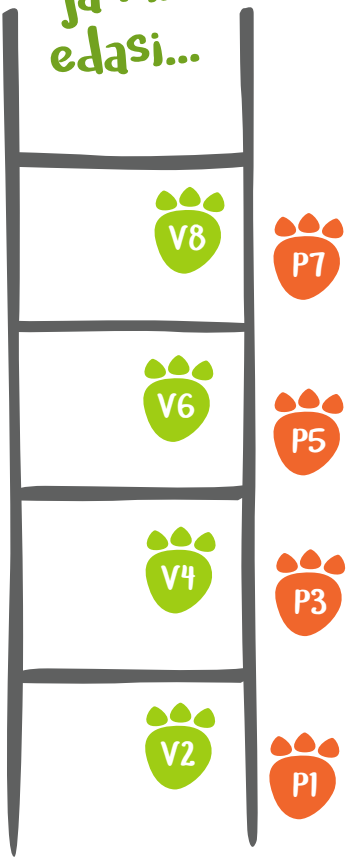
Põlvetõstejooks või sääretõstejooks. Vali ise!

ja nii edasi...

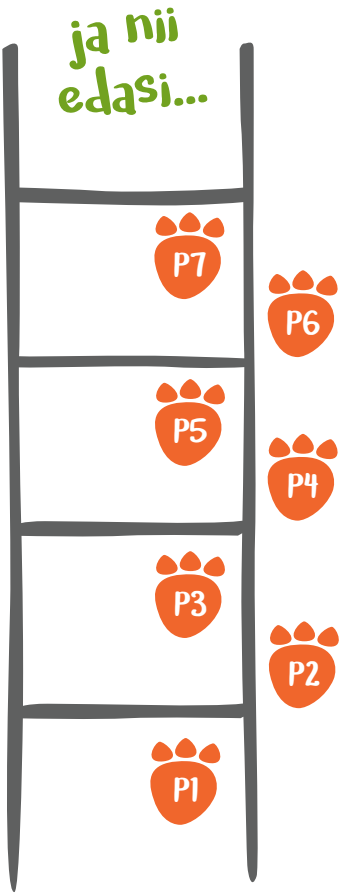


Kiired jooksusammud

ja nii edasi...

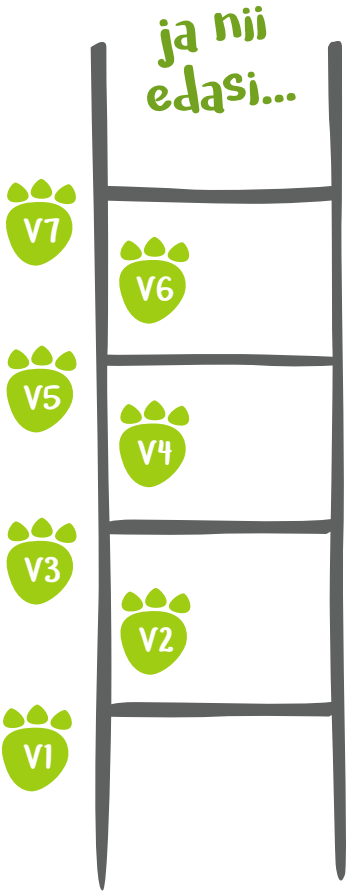


Ühel jalal hüpped küljele!



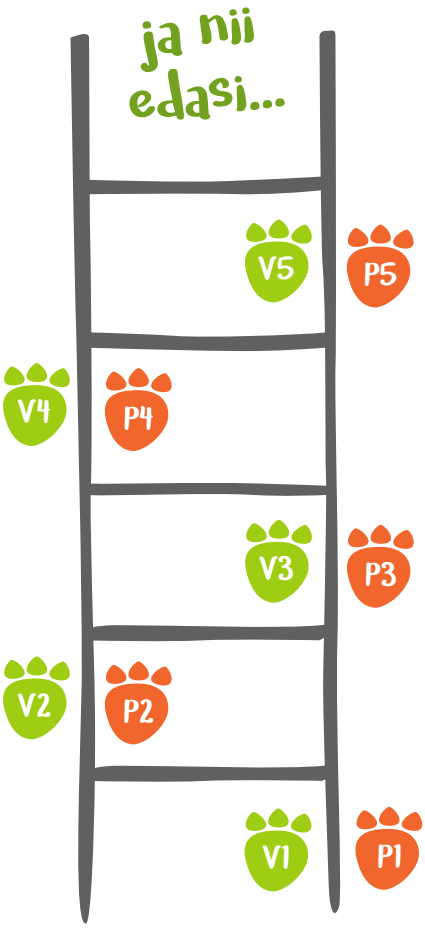
Redeliharjutused

Ühel jalal hüpped küljele!

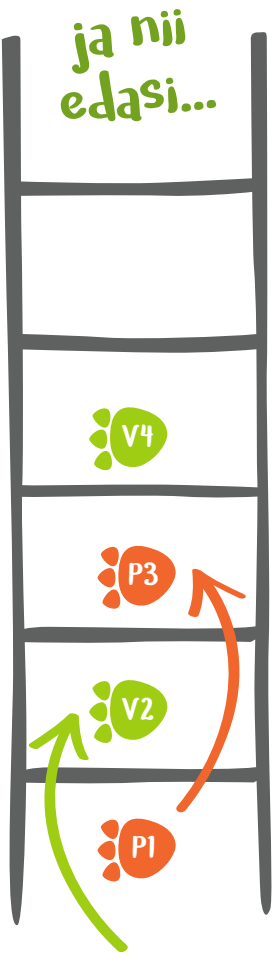


Redeliharjutused

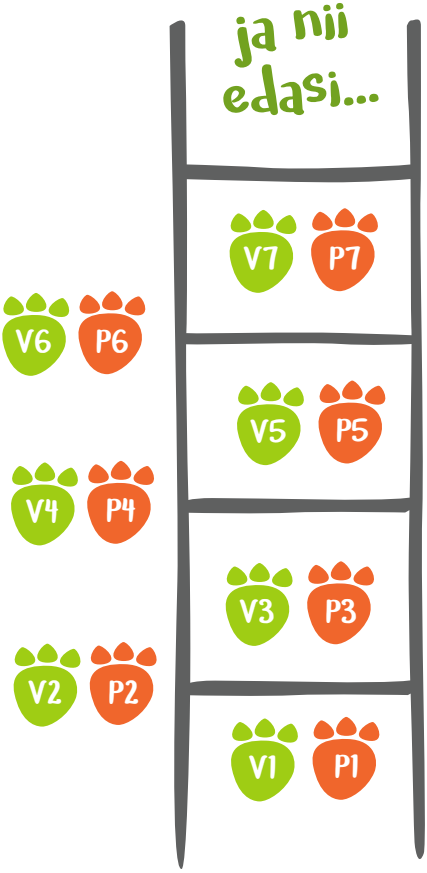
Koos jalgadega hüpped küljele



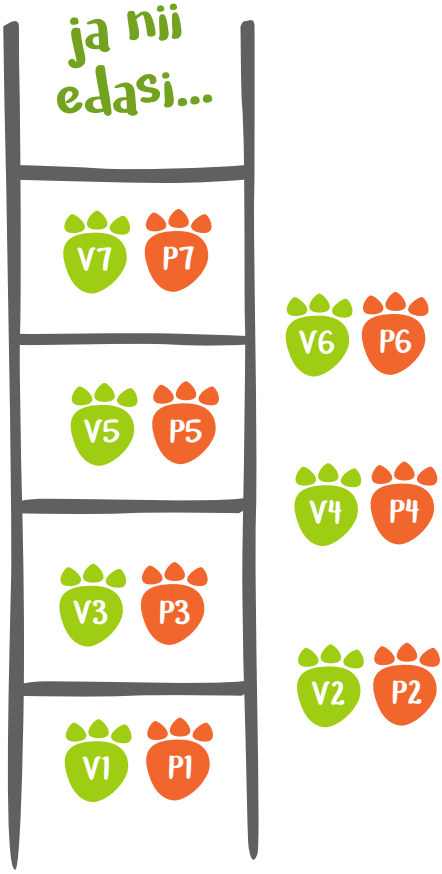
Ristsamm eest ja tagant



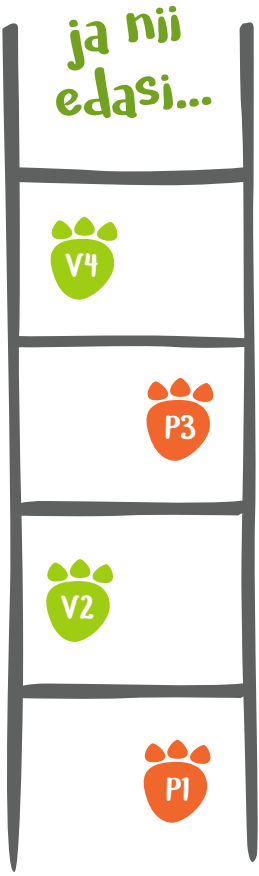
Hüpped koos jalgadega vasakule küljele.



Hüpped koos jalgadega paremale küljele.

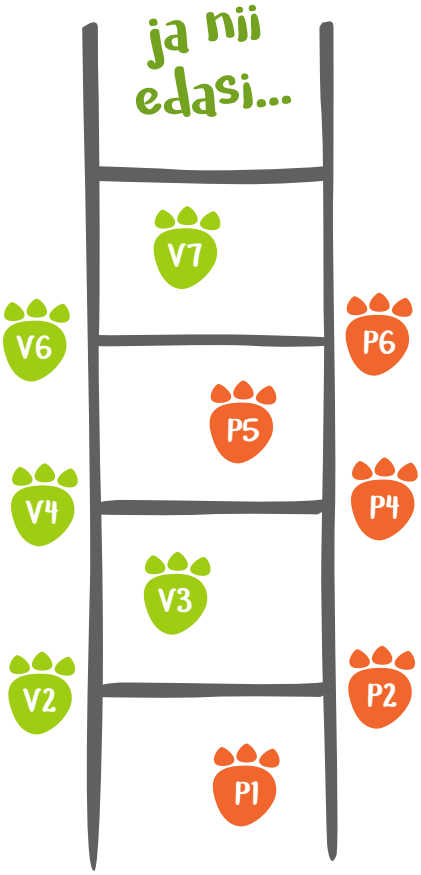


Põlvetõste jooks.

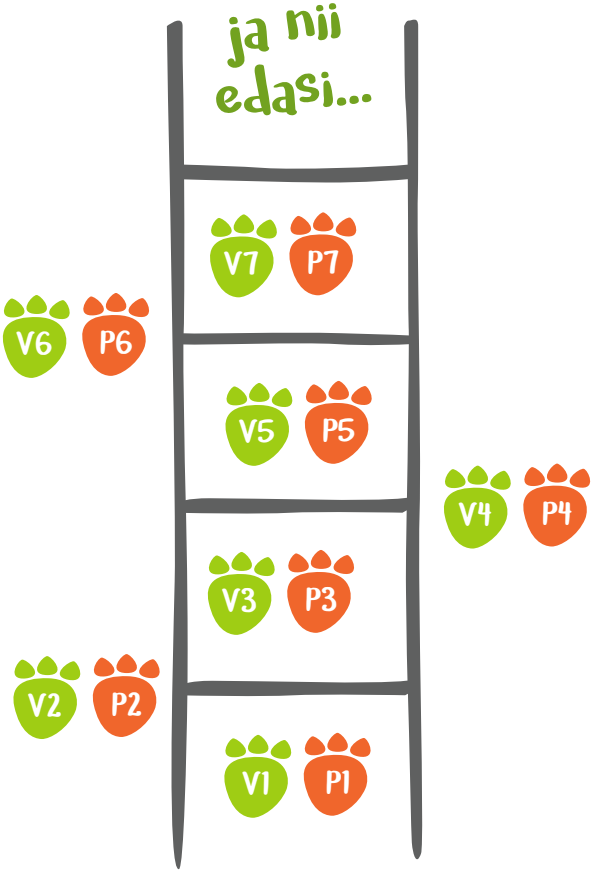


Redeliharjutused

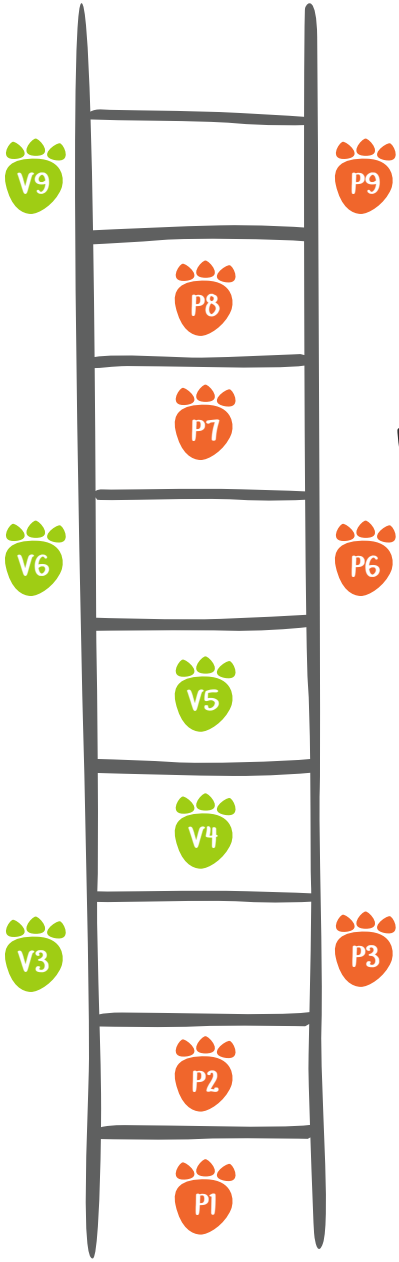
Hüpped: parem, harki, vasak, harki



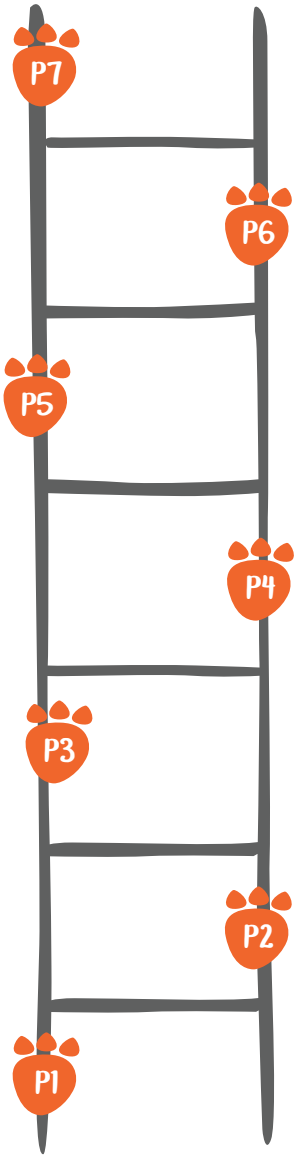
Sik-sak hüpped koos jalgadega



Redeliharjutused

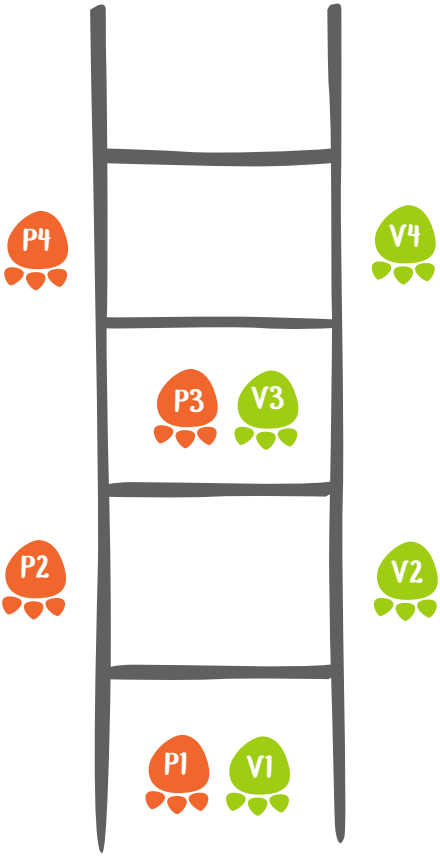


Hüpped:
parem,
parem harki,
vasak,
vasak,
harki.



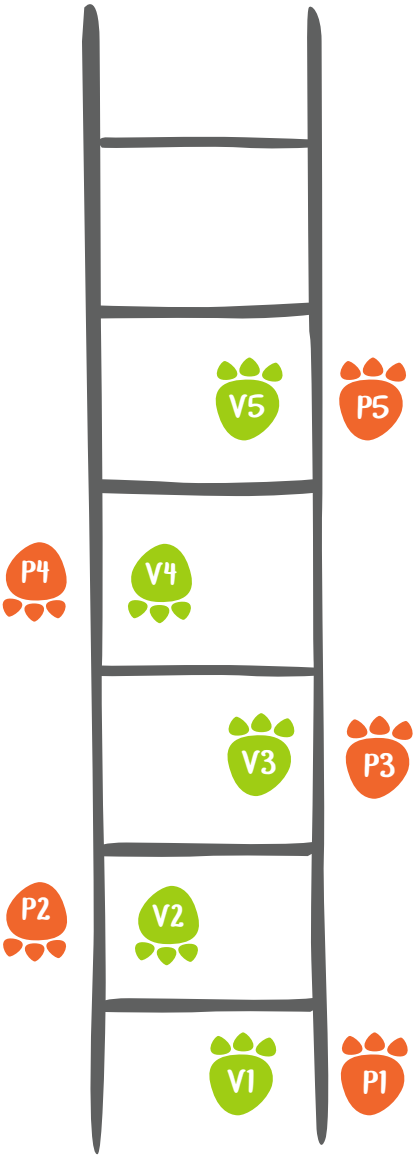
Ühel jalal hüpped

Harki-kokku selg ees.

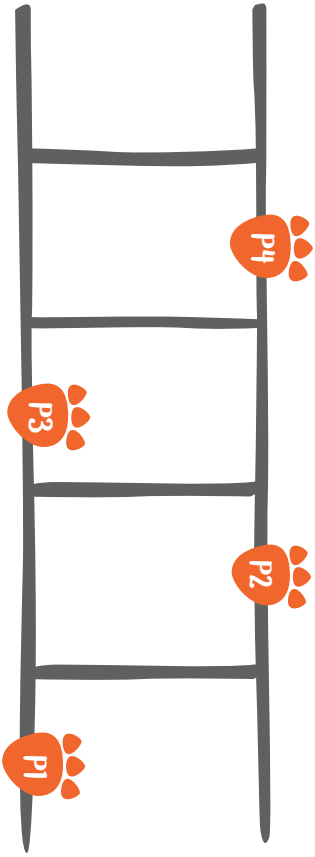


Redeliharjutused

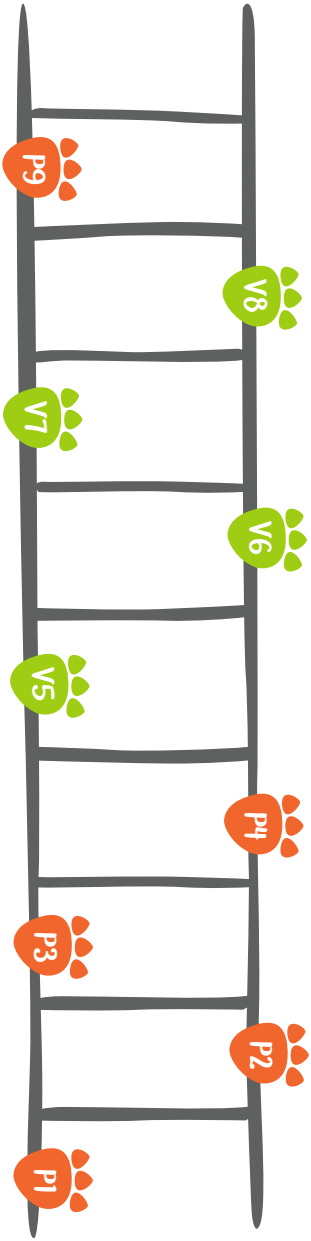
Pöördega hüpped.



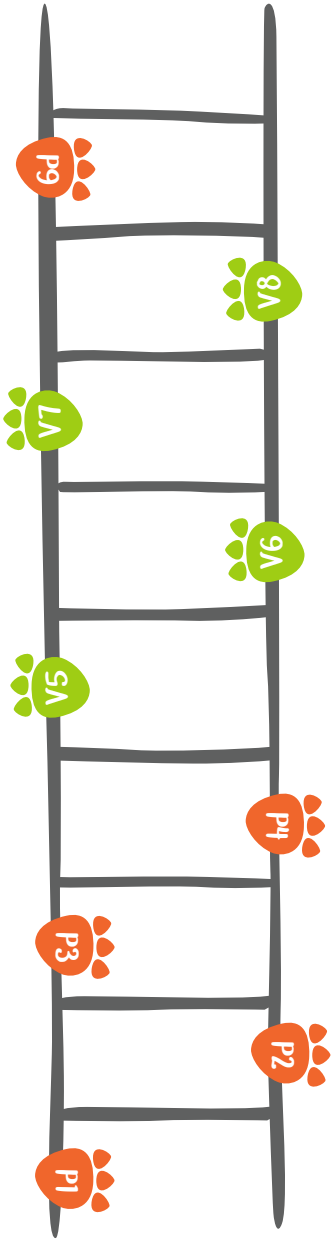
Külg ees, ühel jalal hüpped



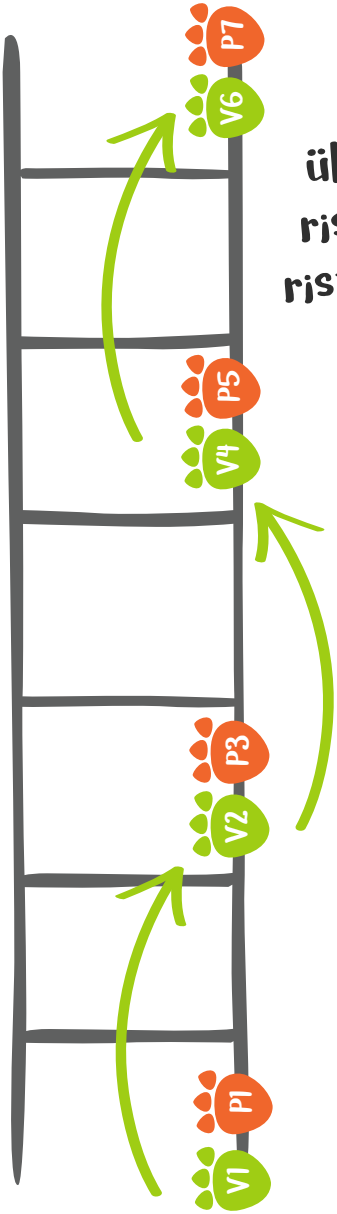
Redeliharjutused



4 hüpet
ühel jalal,
4 teisel jne.



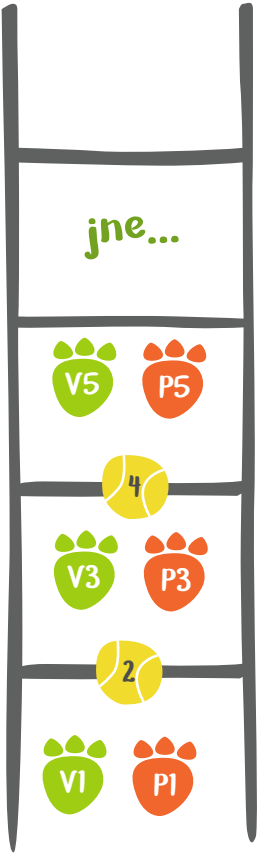
4 hüpet
ühel jalal,
4 teisel jne.
Jala vahetus
pöördega.



Ristsamm
üle ühe kasti,
ristsamm eest,
ristsamm tagant.

Redeliharjutused

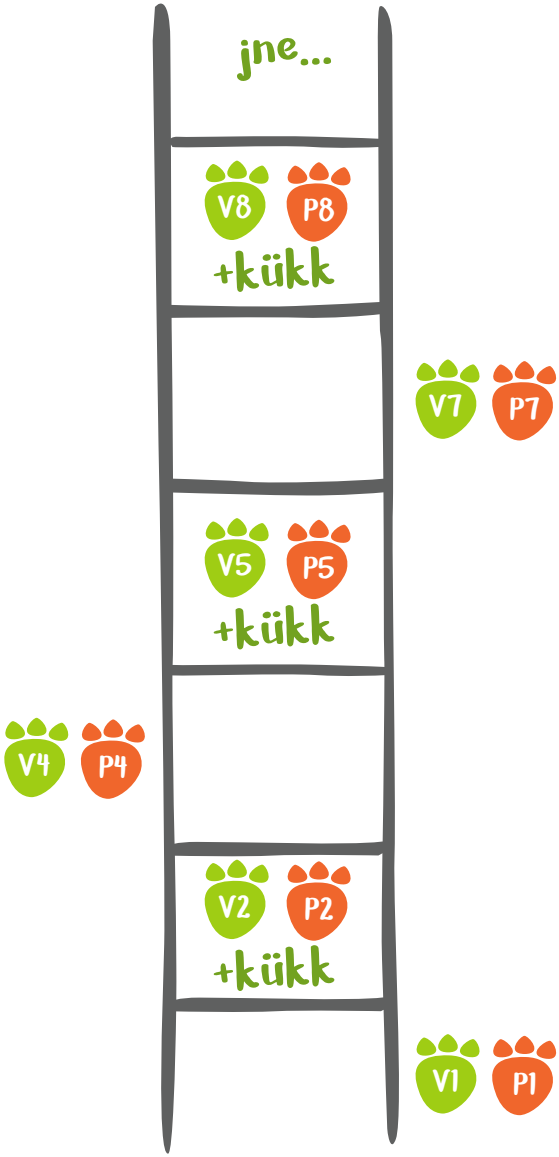
Koos jalgadega hüpe, palli põrgatus joonele. Tähtis on, et pall põrkaks joone pihta. Edasi hüpe, palli põrgatus, hüpe.



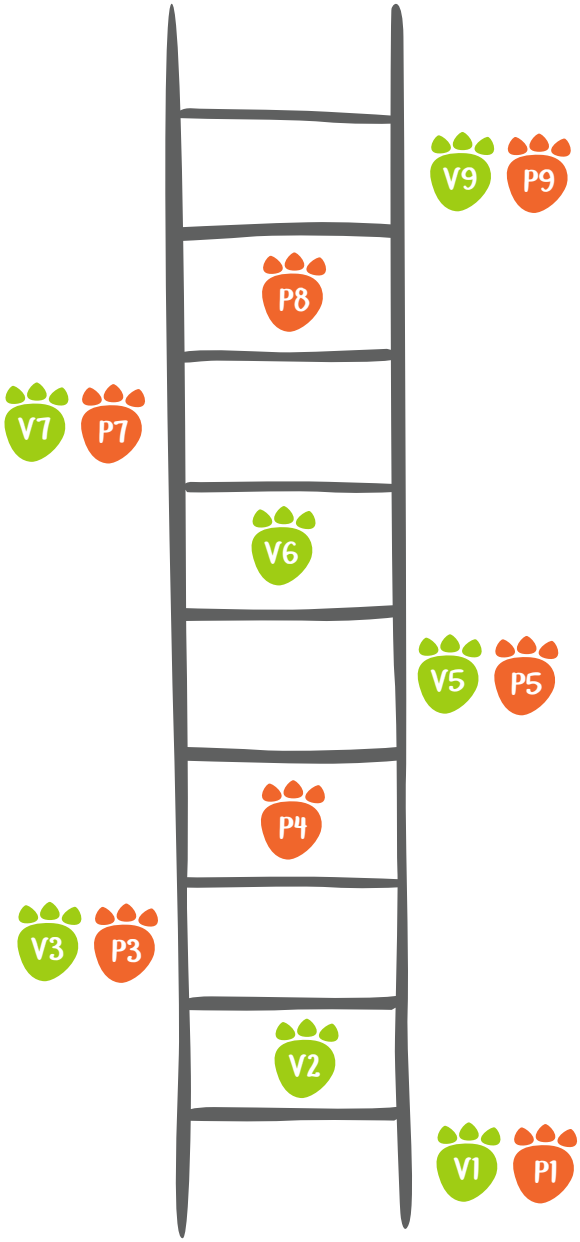
Redeliharjutused

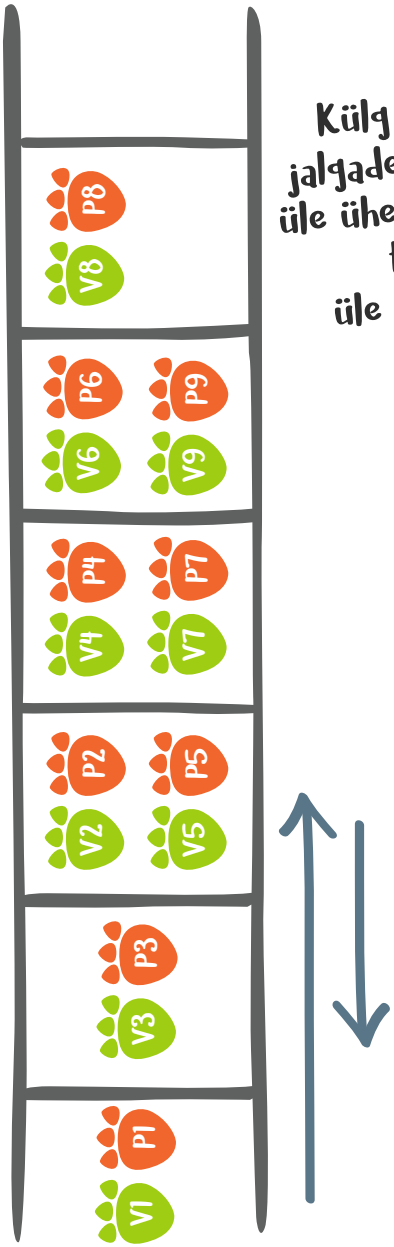
Üle ühe kasti
kükki hüpped.

jne...


jne...
V8
P8
+kükk
V7
P7
V5
P5
+kükk
V4
P4
V2
P2
+kükk
V1
P1

Redeliharjutused

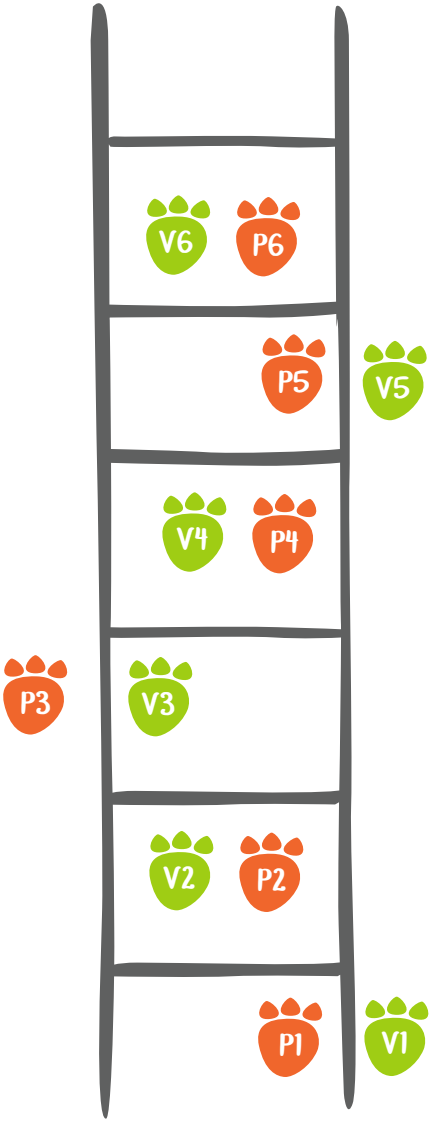




Külg ees koos jalgadega hüpped, üle ühe kasti edasi, tagasi, üle ühe edasi, tagasi

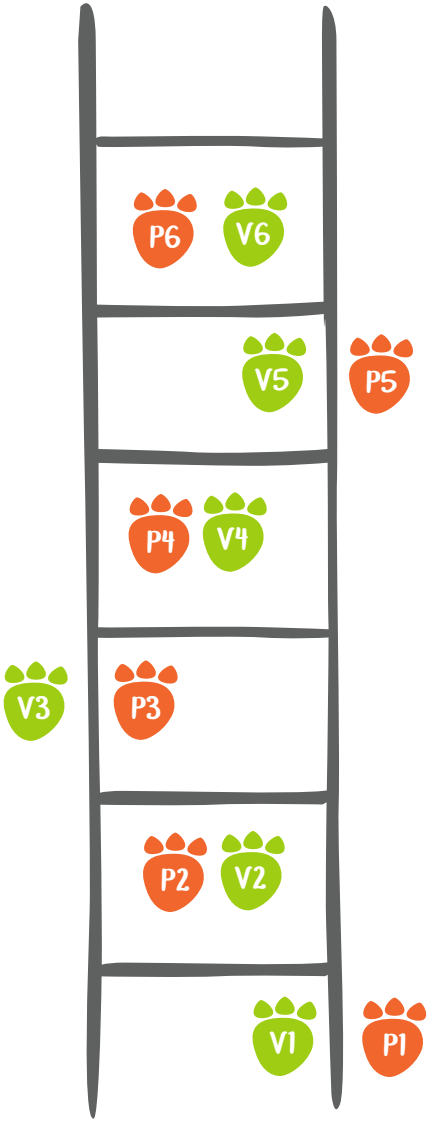
Redeliharjutused

Risti, kokku, risti, kokku!



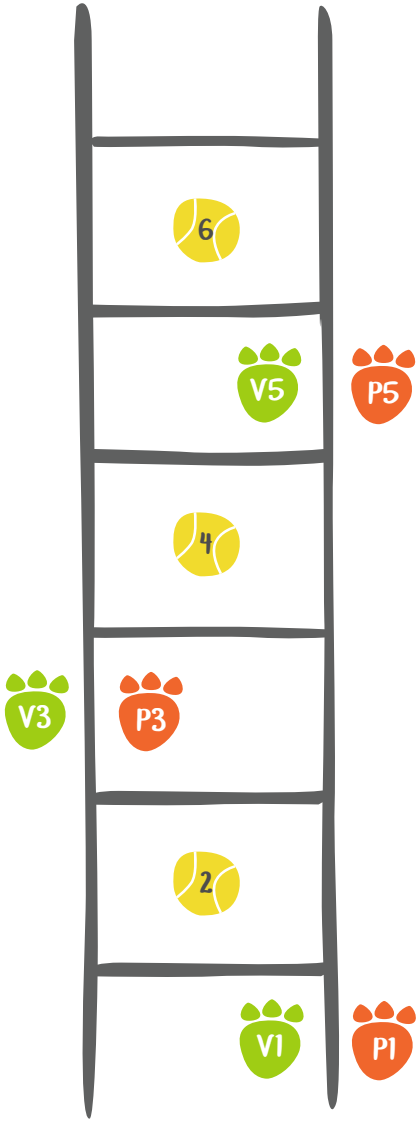
Redeliharjutused

Kokku, risti, kokku, risti!



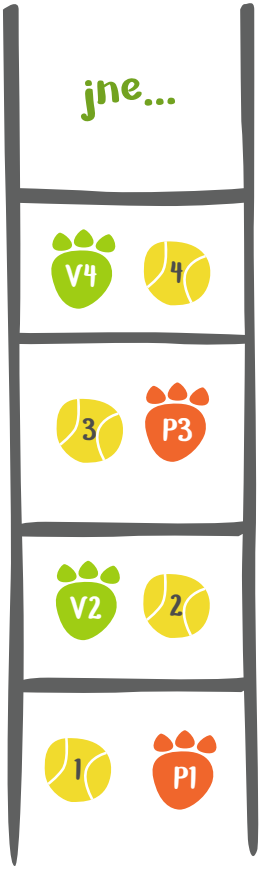
Redeliharjutused

Hüpe, palli põrge,
hüpe, palli põrge.



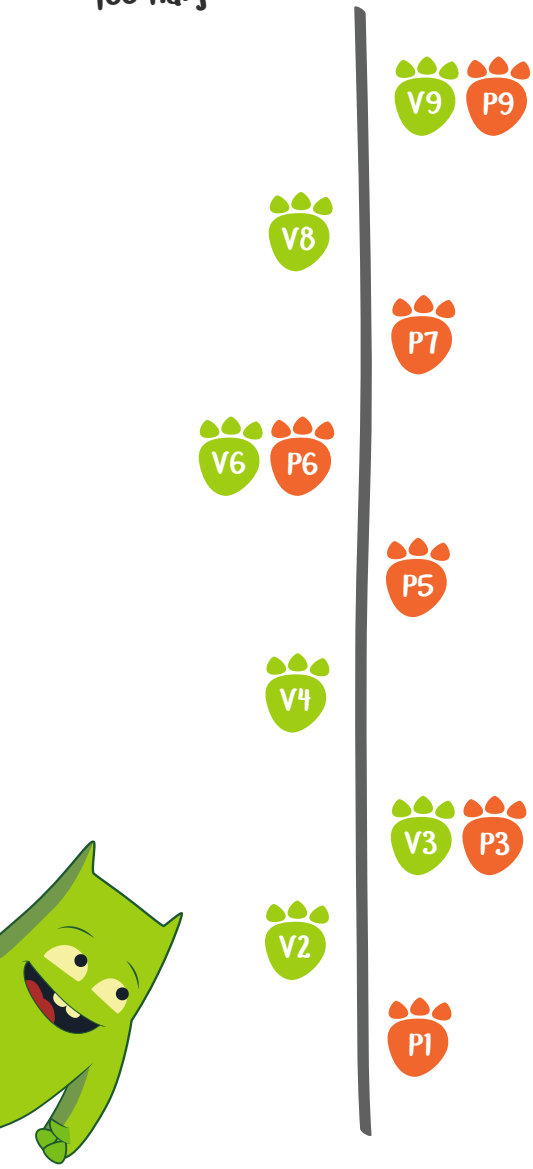
Redeliharjutused

Samm + palli põrge samal ajal.



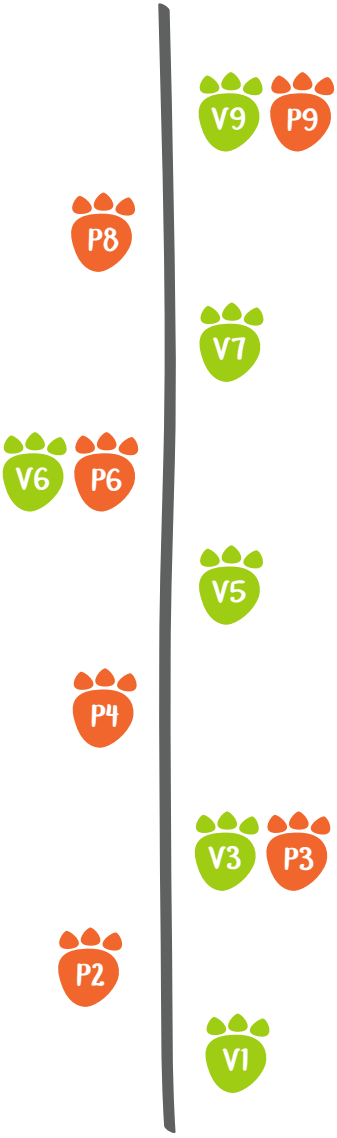
Nööriharjutused

See on hädaabi harjutus 112.
1=üks jalg, 2= kaks jalga.
Tee harjutust hüpetega.



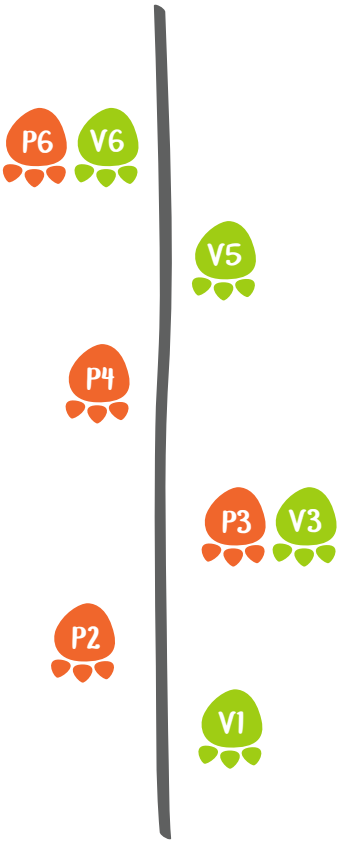
Nööriharjutused

Hüpped, risti, risti, kokku.



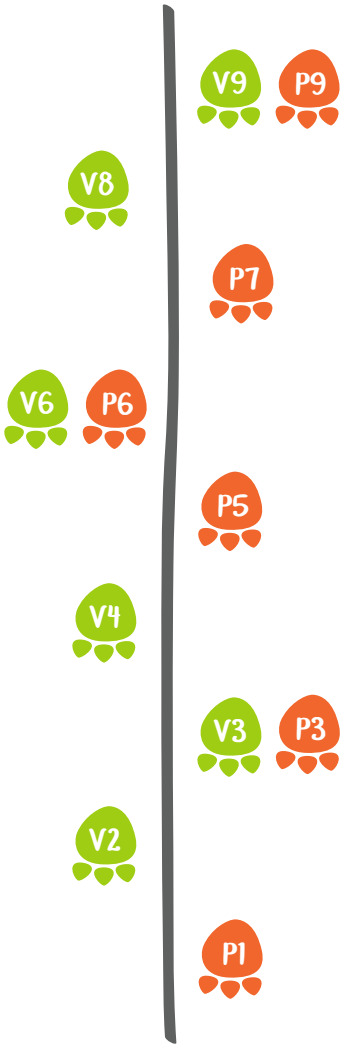
Nööriharjutused

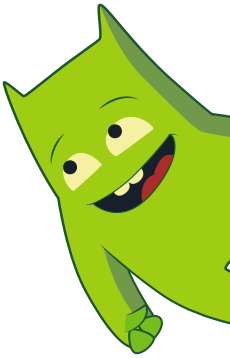
112 selg ees.
1=üks jalg, 2= kaks jalga.
Tee harjutust hüpetega.



Nööriharjutused

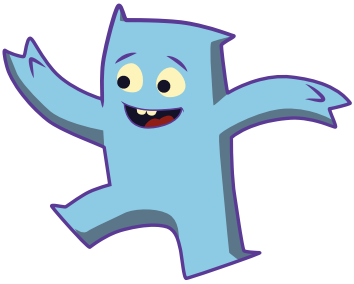
Hüpped, risti, risti kokku selg ees.
Mida lähemal oled nöörile, seda lihtsam on tasakaalu säilitada.





Nööriharjutused

Selg ees mööda nööri kõnd.
Tunneta nööri jala all.



P10 V10

V9

V8

P7

P6

P5 V5

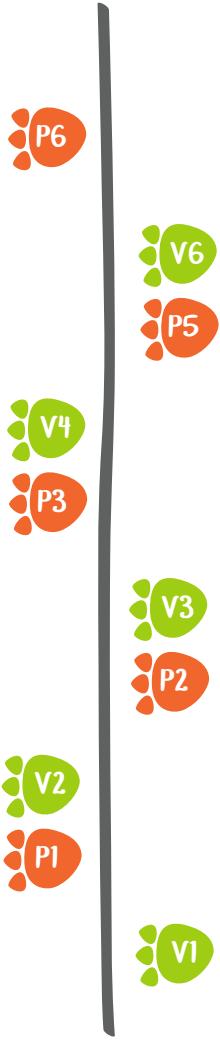
V4

V3

P2

P1

Nööriharjutused
Käärhüpped



V5 P5

V4 P4

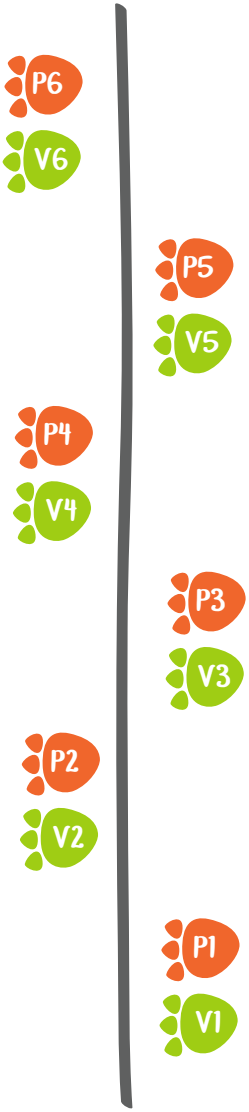
V3 P3

V2 P2

V1 P1

Nööriharjutused

Külge ees, ette ja taha.



P9 P7

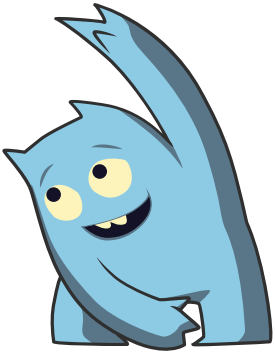
V10 V8

P5 P3

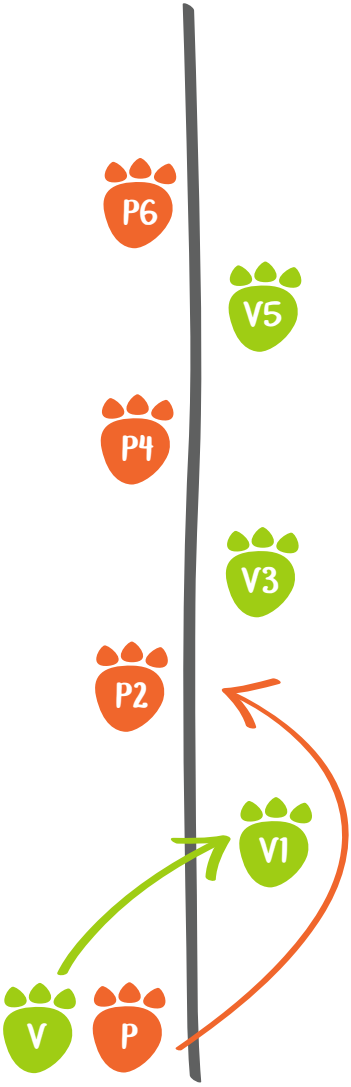
V6 V4

P1

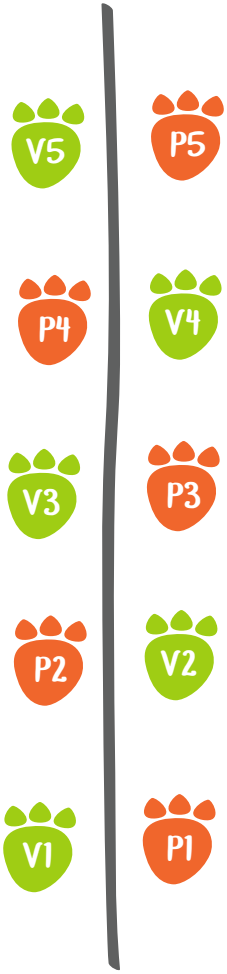
V2



Risti samm!

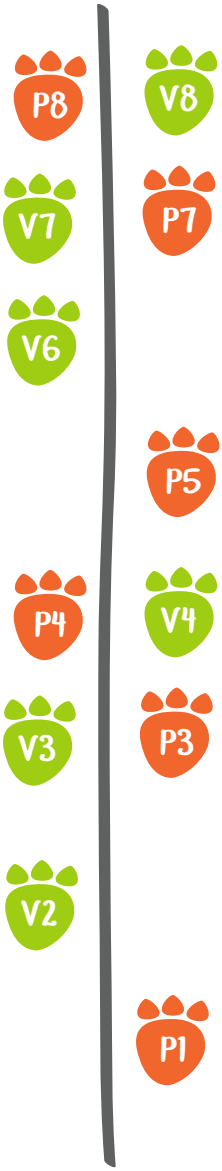


Harki, risti!



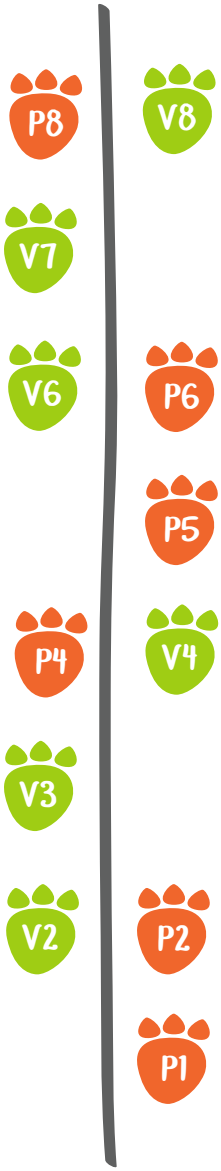
Nööriharjutused

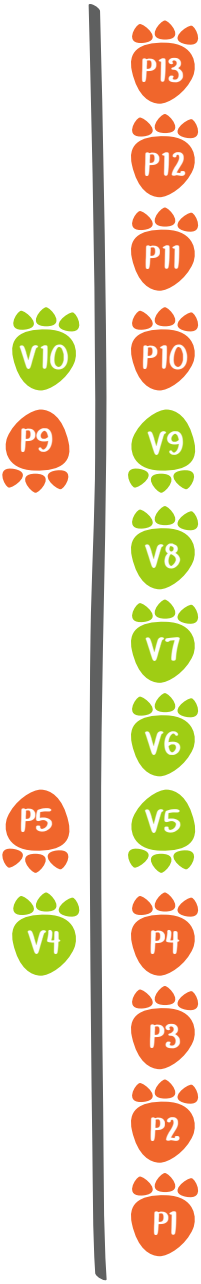
Hüpped, parem vasak, harki, risti



Nööriharjutused

Hüpped, parem, harki, vasak, risti





Laste Tervisekool

Õhupalli harjutused

Õhupall on ettearvamatu, seega peab pidevalt oma tegevust ringi planeerima. Lisaks saavad silmad suuremat koormust, sest pilku tuleb suunata kiiresti erinevates suundades.

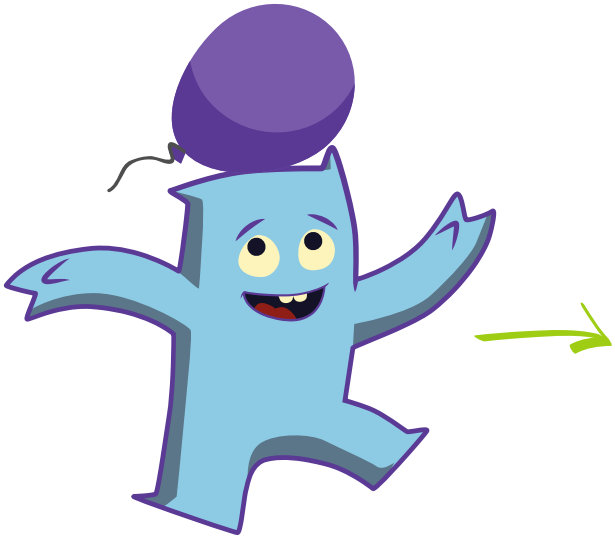
Laste Tervisekool

Õhupalliharjutused

Löö õhupalli käe peal üles alla.

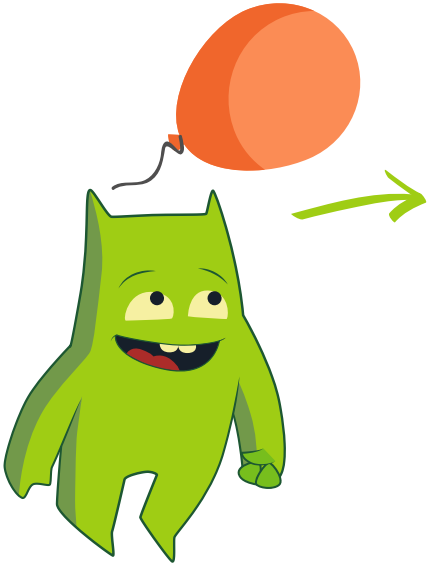
Õhupalliharjutused

Kõnni õhupall pea peal.



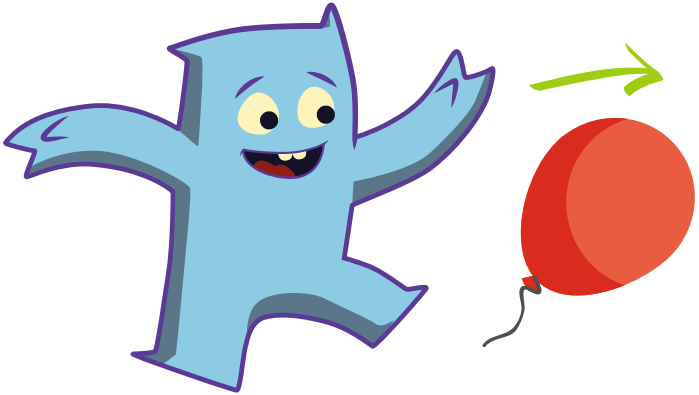
Õhupalliharjutused

Kõnni ja löö õhupalli
peaga edasi
(pall ei tohi maha kukkuda)



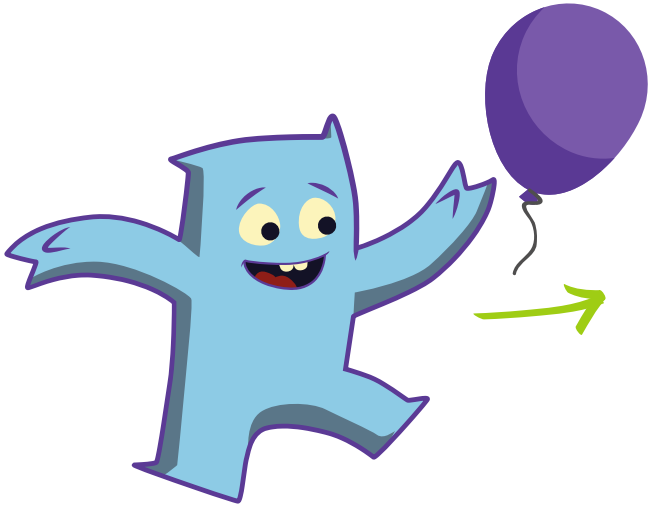
Õhupalliharjutused

Kõnni ja löö õhupalli
jalaga edasi
(pall ei tohi maha kukkuda)



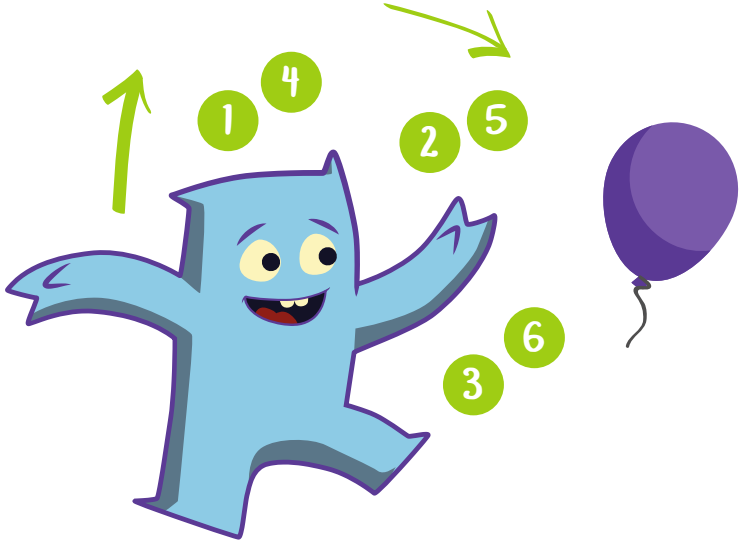
Õhupalliharjutused

Kõnni ja löö õhupalli
käega edasi
(pall ei tohi maha kukkuda)



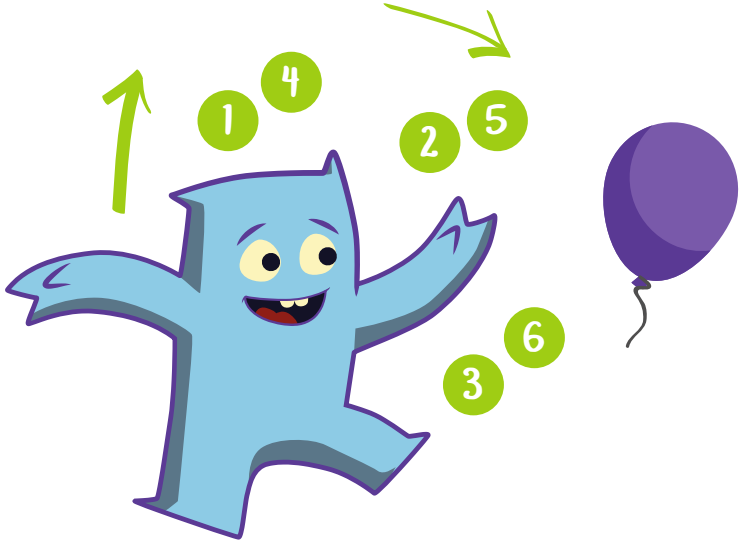
Õhupalliharjutused

Löö õhupalli järjest: pea, käsi, jalg, pea, käsi, jalg.



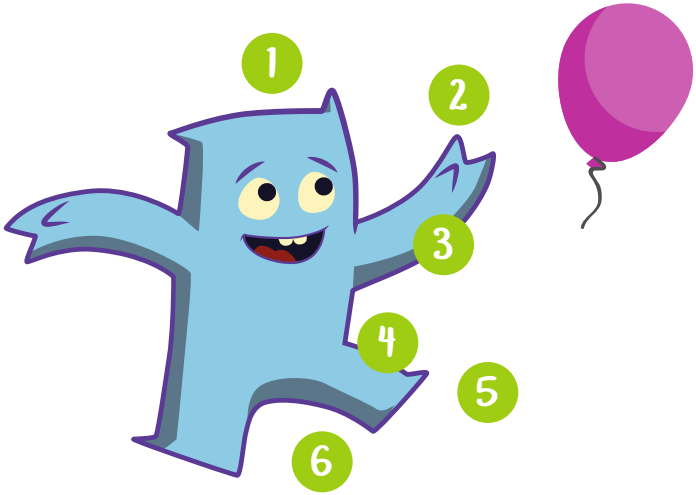
Õhupalliharjutused

Löö õhupalli järjest: pea, käsi, jalg, pea, käsi, jalg.



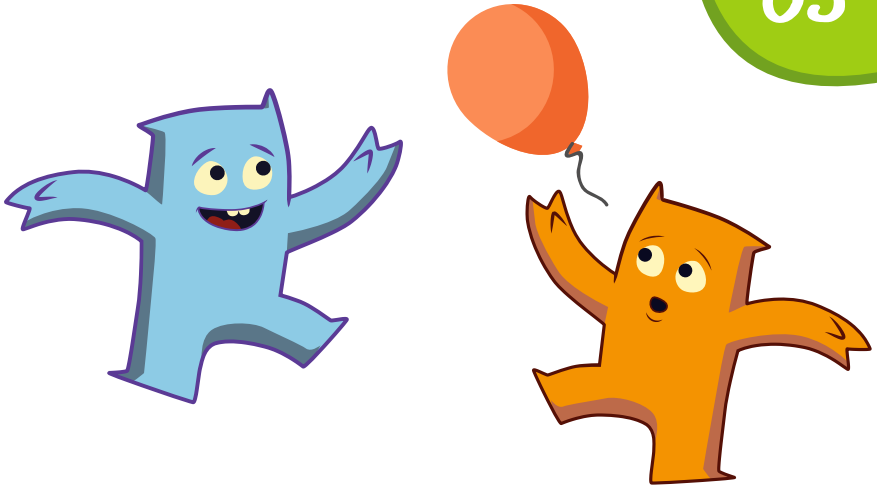
Õhupalliharjutused

Löö õhupalli järjest: pea, käsi, küünarnukk, põlv, kand.



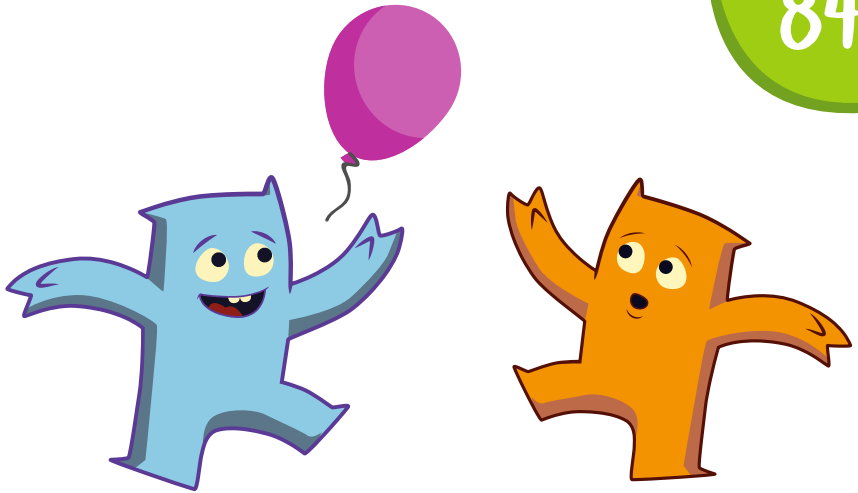
Õhupalliharjutused paarilisega

Paarilisega liikuda õhupalliga ühest ruumi otsast teise õhupalli lüües: parema ja vasaku käega.



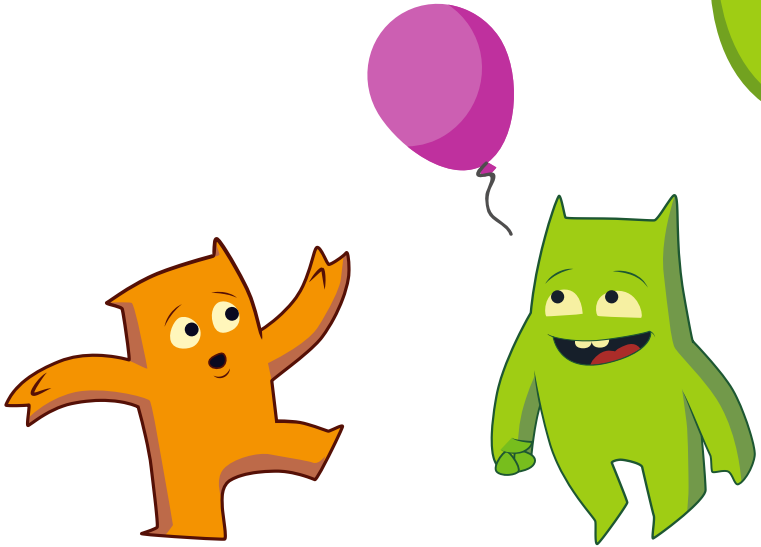
Õhupalliharjutused paarilisega

Paarilisega liikuda õhupalliga
ühest ruumi otsast
teise õhupalli lüües
ainult vasaku käega.



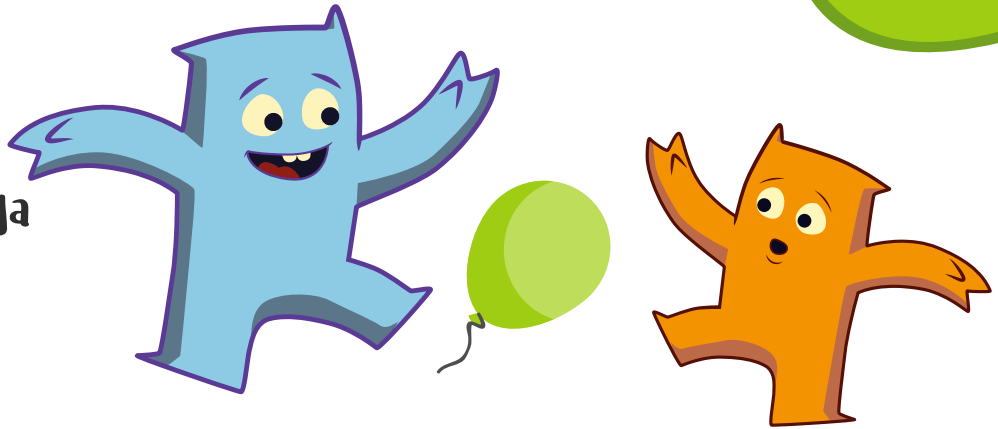
Õhupalliharjutused paarilisega

Paarilisega liikuda õhupalliga ühest ruumi otsast teise õhupalli lüües jala ja peaga.



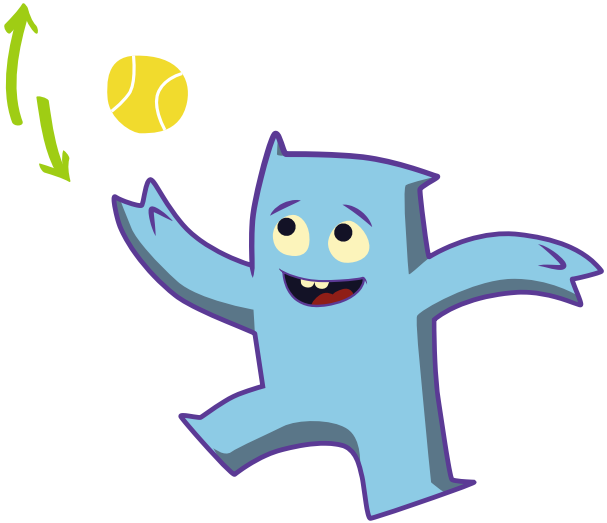
Õhupalliharjutused paarilisega

Paarilisega liikuda õhupalliga ühest ruumi otsast teise õhupalli lüües ainult jalaga.



Tennispalli harjutused

Viska pall otse ülesse ja püüa kinni, tee harjutust kordamööda parema ja vasaku käega.

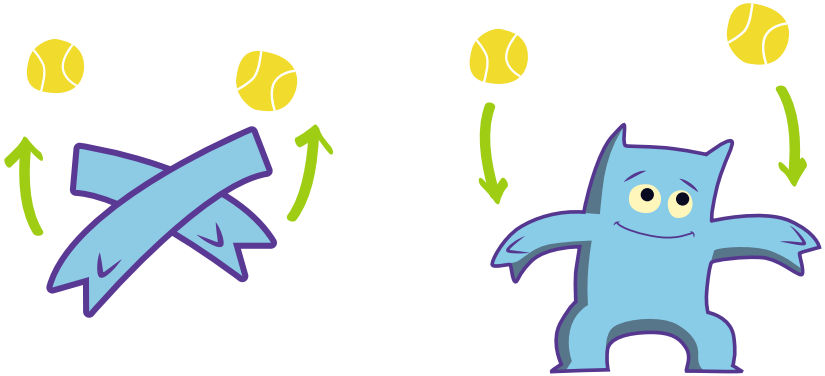


Tennispalli harjutused

Viska kaks palli korraga ülesse ja püüa kinni!

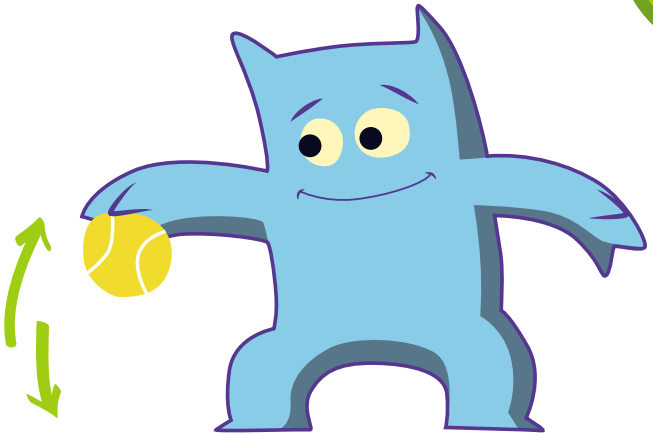
Tennispalli harjutused

Pane käed risti, viska pallid
ülesse ja püüa kinni nii,
et käed ei ole risti.



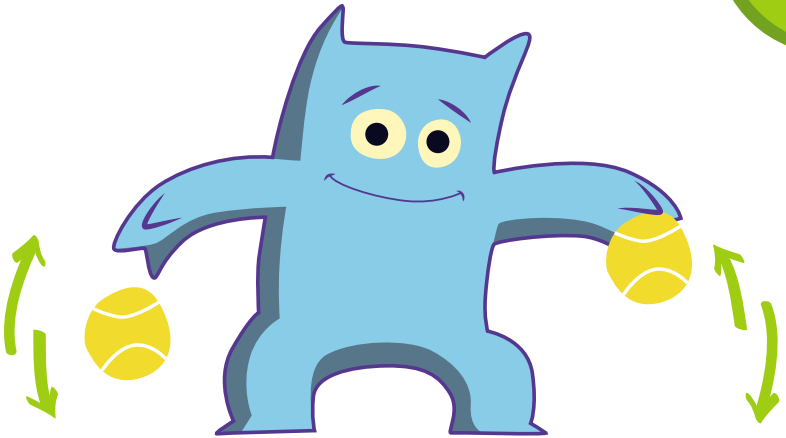
Tennispalli harjutused

Viska pall vastu maad ja püüa pealt haarates kinni (nagu kotkas oma saaki haarab).



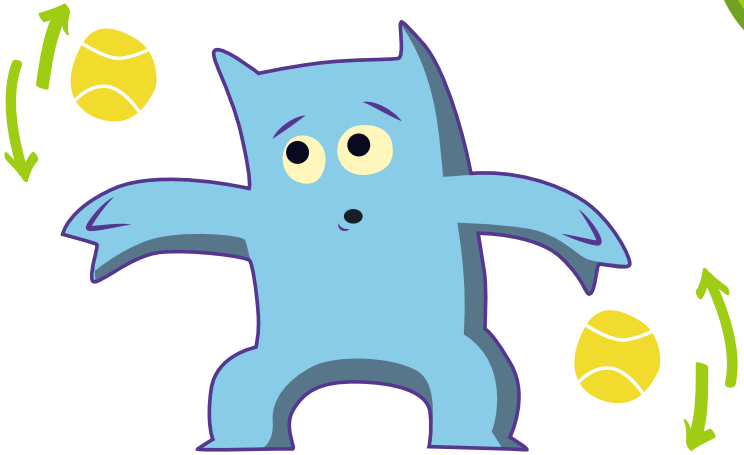
Tennispalli harjutused

Viska kaks palli vastu maad ja püüa pealt haarates kinni.



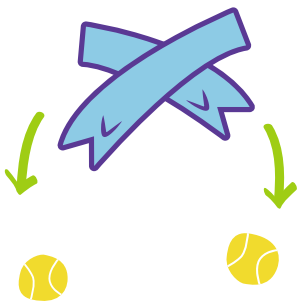
Tennispalli harjutused

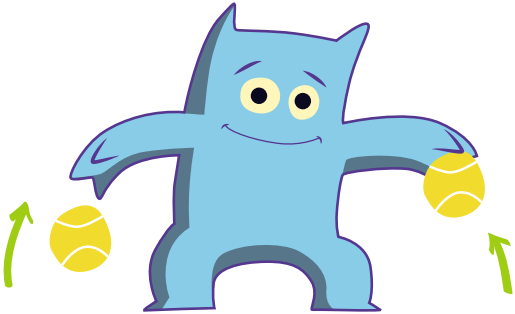
Viska üks pall õhku,
teine maha ja püüa kinni.



Tennispalli harjutused

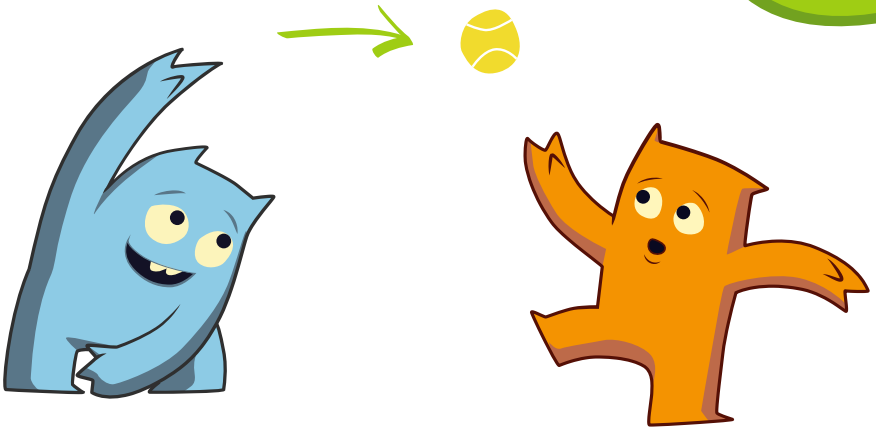
Pane käed risti, viska pallid vastu maad ja püüa pealt haarates kinni, nii et käed ei ole risti.





Tennispalli harjutused paarilisega

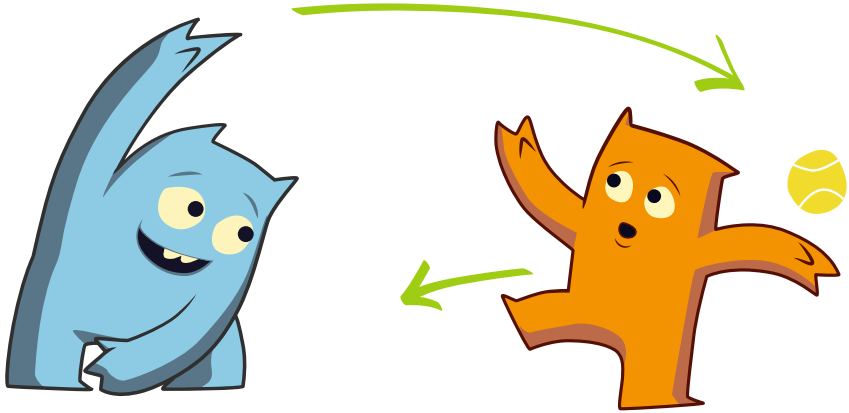
Kahe peale on üks pall,
kui palli viskad, siis ütled kas
„parem“ või „vasak“ ja vastavalt
sellele peab paariline palli püüdma
parema või vasaku käega



Tennispalli harjutused paarilisega

Kahe peale on üks pall,
kui palli viskad, siis ütled kas
„parem“ või „vasak“ ja vastavalt
sellele peab paariline palli püüdma
parema või vasaku käega ning
astuma vastas jalaga sammu ette.

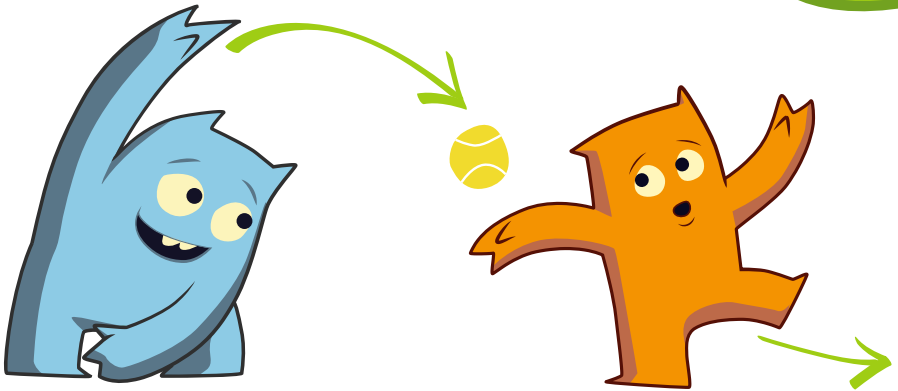
Kui paariline ütleb „vasak“,
siis püüad palli vasaku käega
ja astud sammu parema jalaga ette.



Tennispalli harjutused paarilisega

Kahe peale on üks pall,
kui palli viskad, siis ütled kas „parem“
või „vasak“ ja vastavalt sellele peab
paariline astuma parema või vasaku
jalaga ette ja püüdma palli vastas käega.

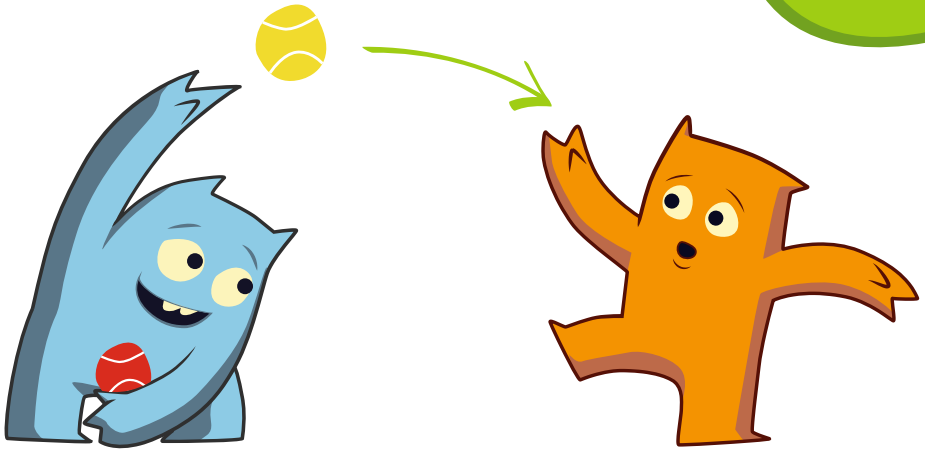
Kui paariline ütleb „vasak“, siis püüad
palli parema käega ja astud sammu
vasaku jalaga ette.



Tennispalli harjutused paarilisega

Vaja läheb kahte erinevat värvi palli. Lepitakse kokku, et kui paariline viskab kollase palli, siis teine paariline püüab parema käega, kui viskab punase palli, siis paariline püüab vasaku käega.

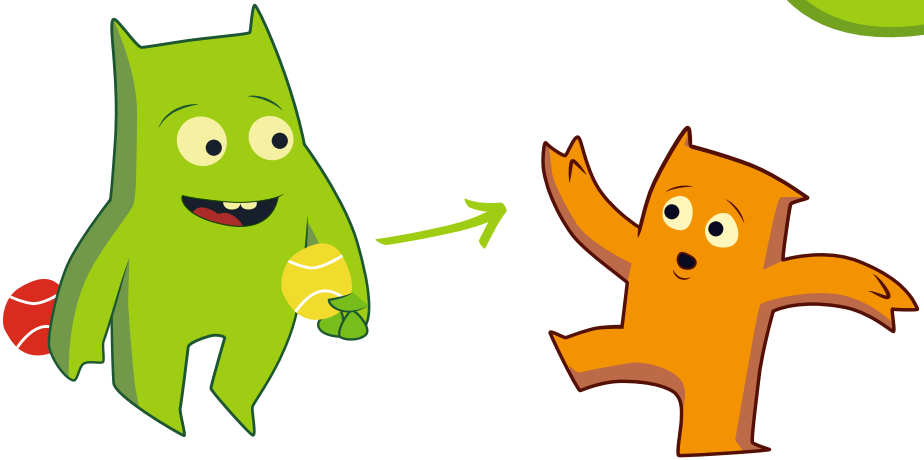
Üks paariline hoiab mõlemat palli selja taga. Ühtegi käsklust ei ütle, sest palli värv määrab, mis käega palli püüda. Iga püüdmise järgi visatakse pall paarilise tagasi, et alati oleks üllatus, mis värvi palli visatakse.



Tennispalli harjutused paarilisega

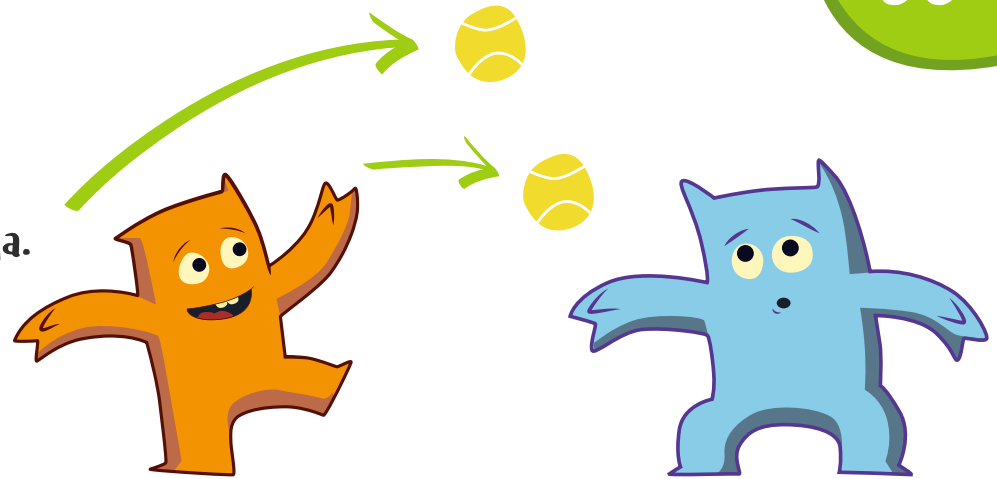
Vaja läheb kahte erinevat värvi palli. Lepitakse kokku, et kui paariline viskab kollase palli, siis teine paariline püüab parema käega, kui viskab punase palli, siis paariline püüab vasaku käega.

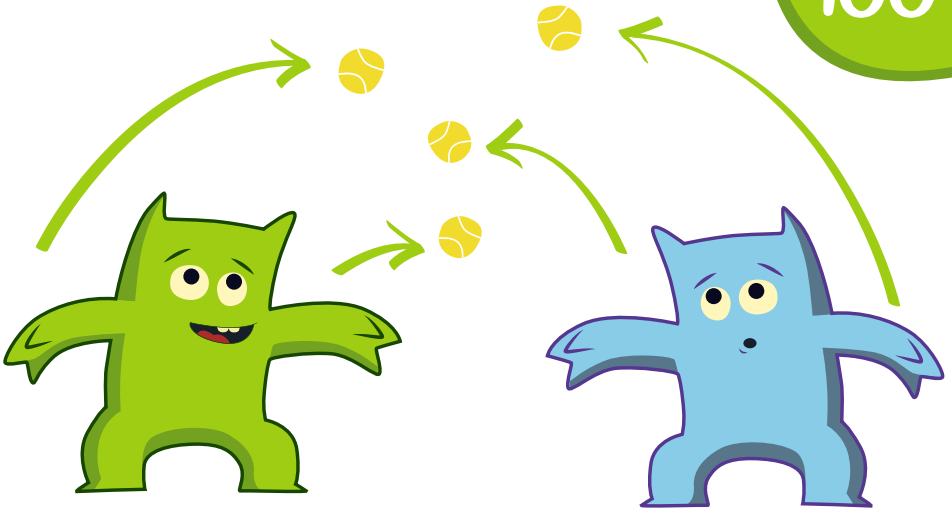
Üks paariline hoiab mõlemat palli selja taga. Ühtegi käsklust ei ütle, sest palli värv määrab, mis käega palli püüda. Iga püüdmise järgi visatakse pall paarilise tagasi, et alati oleks üllatus, mis värvi palli visatakse.



Tennispalli harjutused paarilisega

Ühel paarilisel on käes kaks ühesugust palli ja ta viskab need teisele paarilisele korraga.



Tennispalli harjutused

Mõlemal paarilisel on käes kaks ühesugust palli ja mõlemad paarilised viskavad samaaegselt kaks palli paarilisele, nii et korraga lendab neli palli