Zadania z wf klasy 7-8 04-08.05

Ćwiczenia z rękawiczką-balonem

<https://l.facebook.com/l.php?u=https%3A%2F%2Fm.youtube.com%2Fwatch%3Fv%3DLYQn5V2_otY%26t%3D10s%26fbclid%3DIwAR2B36zNvebDbSDzruw_4BqhLyd76Dwm_qiFgw0hcmto-C8ZLTeEIgWCZD4&h=AT3Kt3xg0SWXIsp96f928VhLXEXMA_uxnN22q2YV6BqbIfMWLgX30qt68wcuPxwtXrxHoOjJubawrmZUEMtlpl8fpRehyyxVXTpTg5pYI40YP_ObjkcRBUqZI_NNKaaiVLB7KQ>

Wf w domu

<https://www.youtube.com/watch?v=N4zmMZrfOfg&feature=youtu.be&fbclid=IwAR1DiKw2V2oOpDWHnubhSp8DnKPPQTDlX7FDFOxr4N5bmWb3sbmcPq5NV2E>

trening z krzesłem

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

quiz sportowy

<https://www.sport.pl/sport/13,150987,13865,10-polskich-sportowcow-ktorych-wypada-znac-rozpoznasz-ich.html?bo=1&fbclid=IwAR3ELbU5opKfPrKy6GsnSmToE1NxfV4b3xn_3DKsh1Z8tXwPKTLp_GHYFaw#_ga=2.187365920.981179816.1585571703-714529041.1585571703>