



Maşini simple

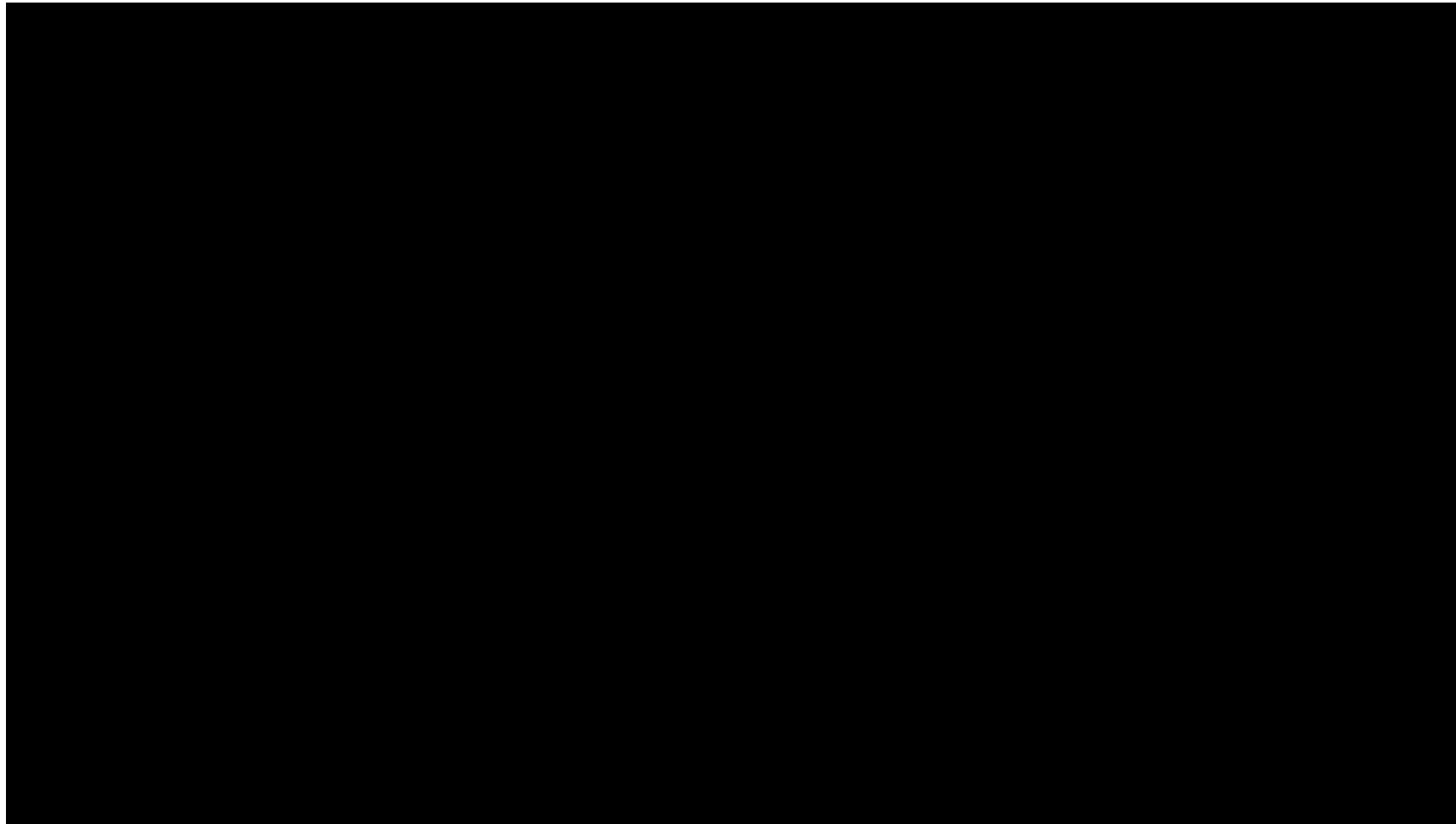
Erasmus+
Project No.: 2021-1-EL01-KA220-SCH-000023967

Call 2021 Round 1 KA2
KA220-SCH - Cooperation partnerships in school education
STEM Education for Primary Schools
STEM for Youngsters





Aruncatul la coş nu trebuie lăsat la voia întâmplării!



Înclinaţiile corpului, forţa aplicată şi aerodinamica joacă un rol important în traiectoria/drumul mingii către coşul de baschet.



Antrenorul nostru insistă că trebuie să învățăm să aruncăm la coș corect. În multe antrenamente tragem doar la coș.

Flexibilitatea este, de asemenea, necesară! Ne vom face corpul să funcționeze ca o mașină!



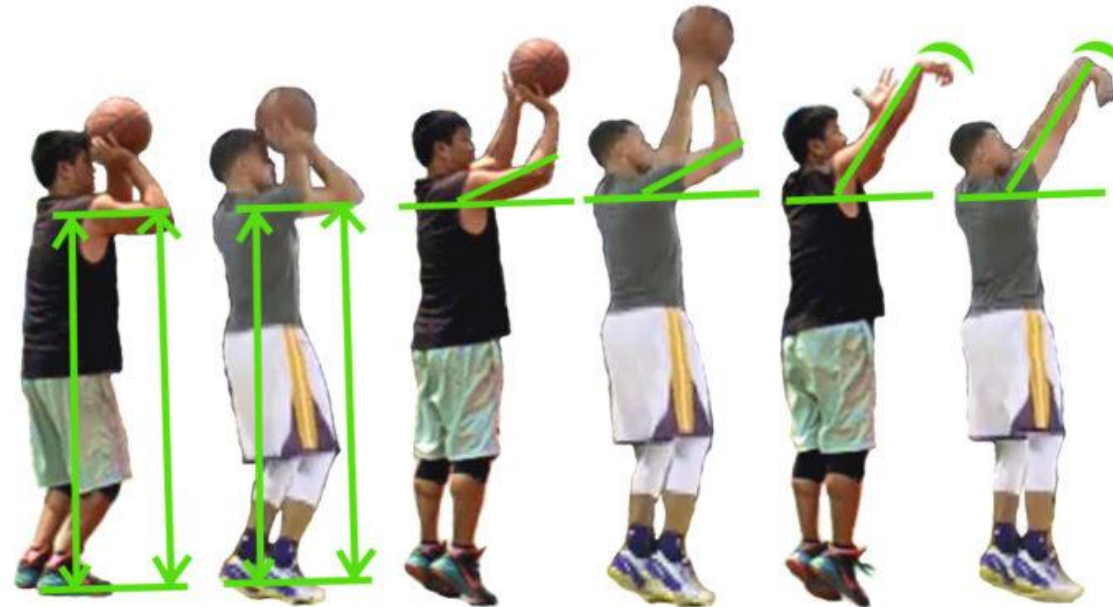
Antrenorul meu mi-a spus că ar trebui să îmi dezvolt abilitatea de a juca în poziția mea potrivită.



Lăsați-i pe elevi să-și descrie propriile experiențe de baschet sau alte sporturi pe care le practică.

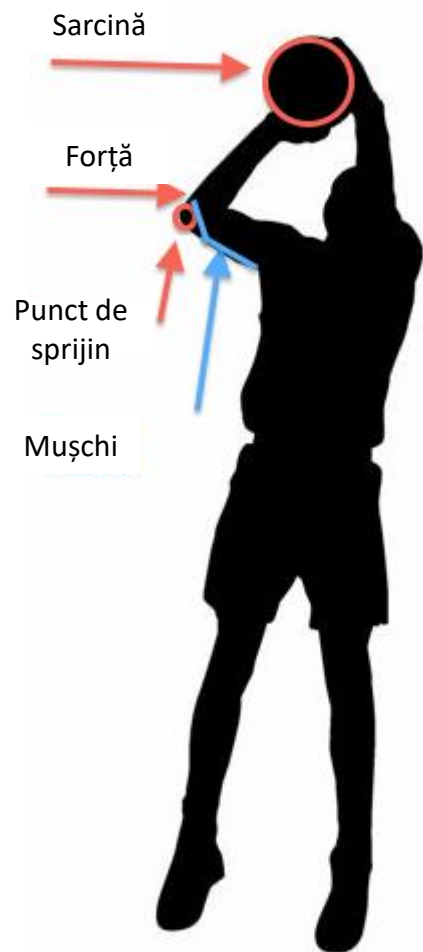


Totate cele spuse sunt studiate în Bioinginerie, care urmărește ca sportivii să-și atingă cele mai bune performanțe cu cât mai puține accidentări.



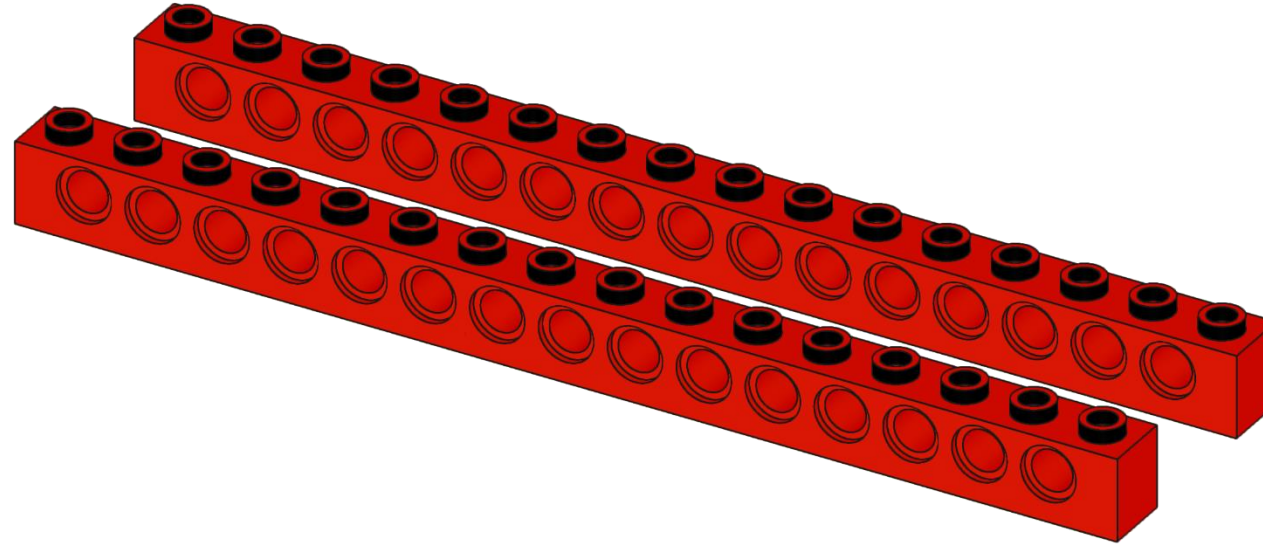
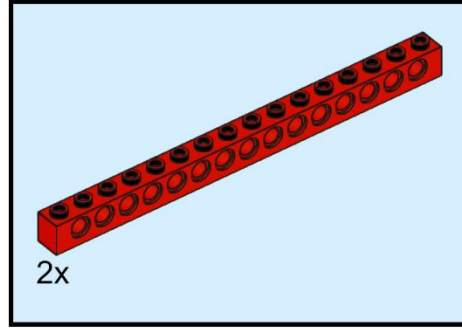
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Ce părți ale corpului sunt mai sensibile la răni? Îți amintește ceva de ceea ce am spus la lecția de pârgii?

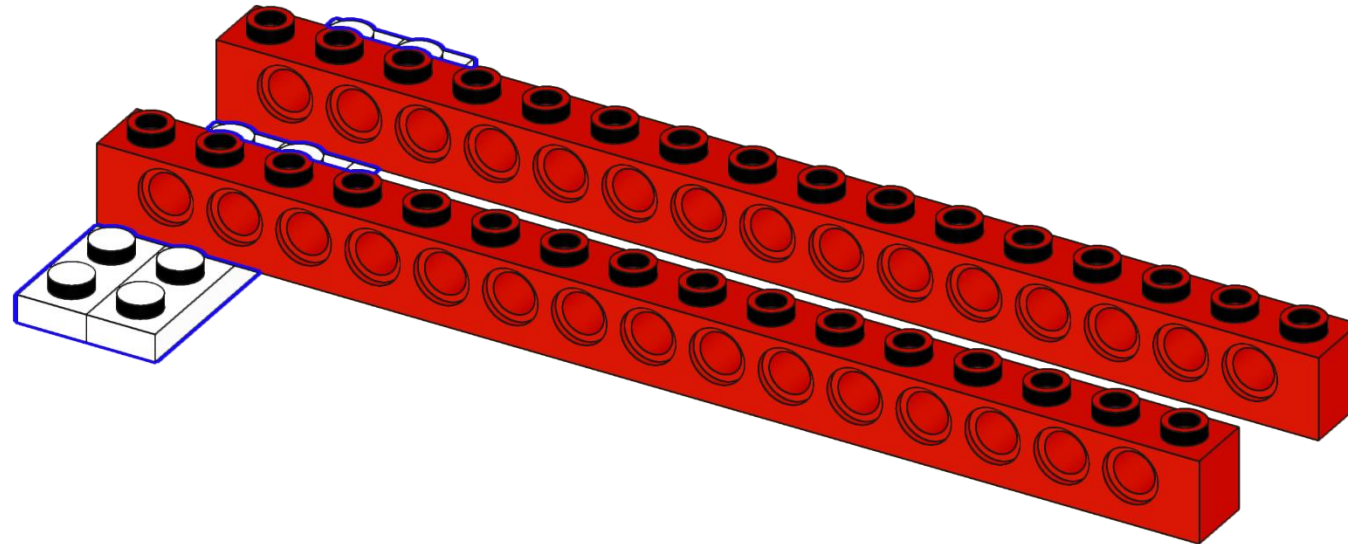
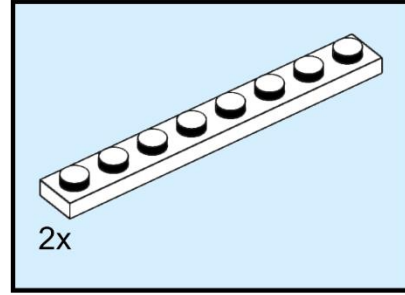


Deci, în timpul aruncării la coș, mâna noastră devine o pârghie!

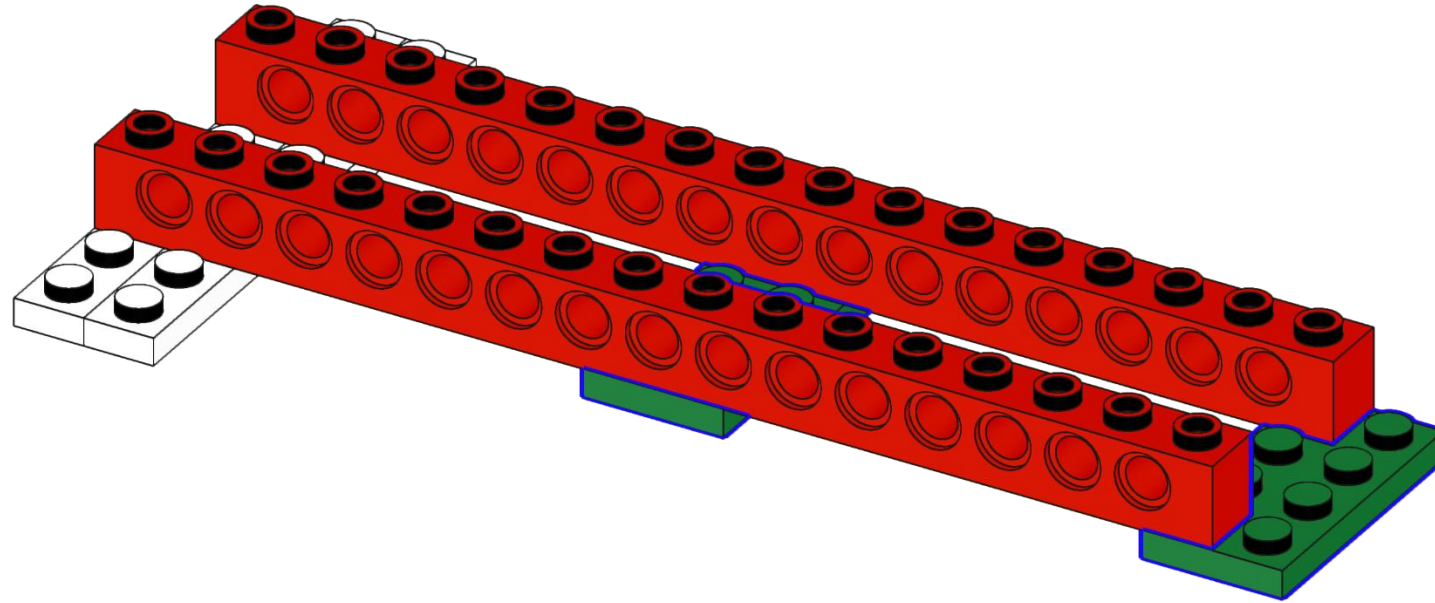
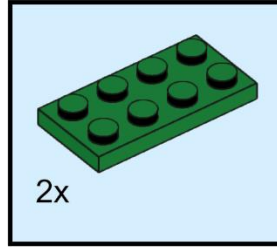
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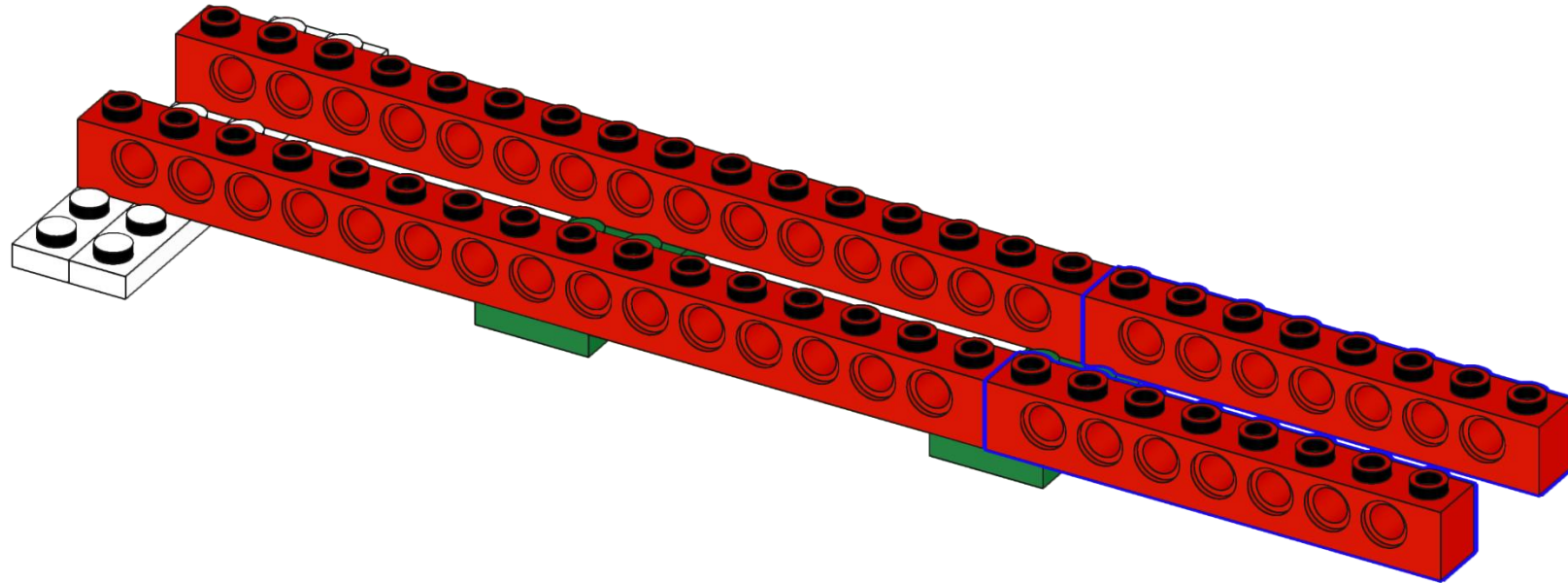
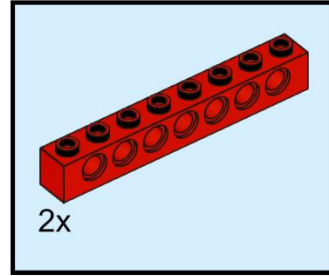
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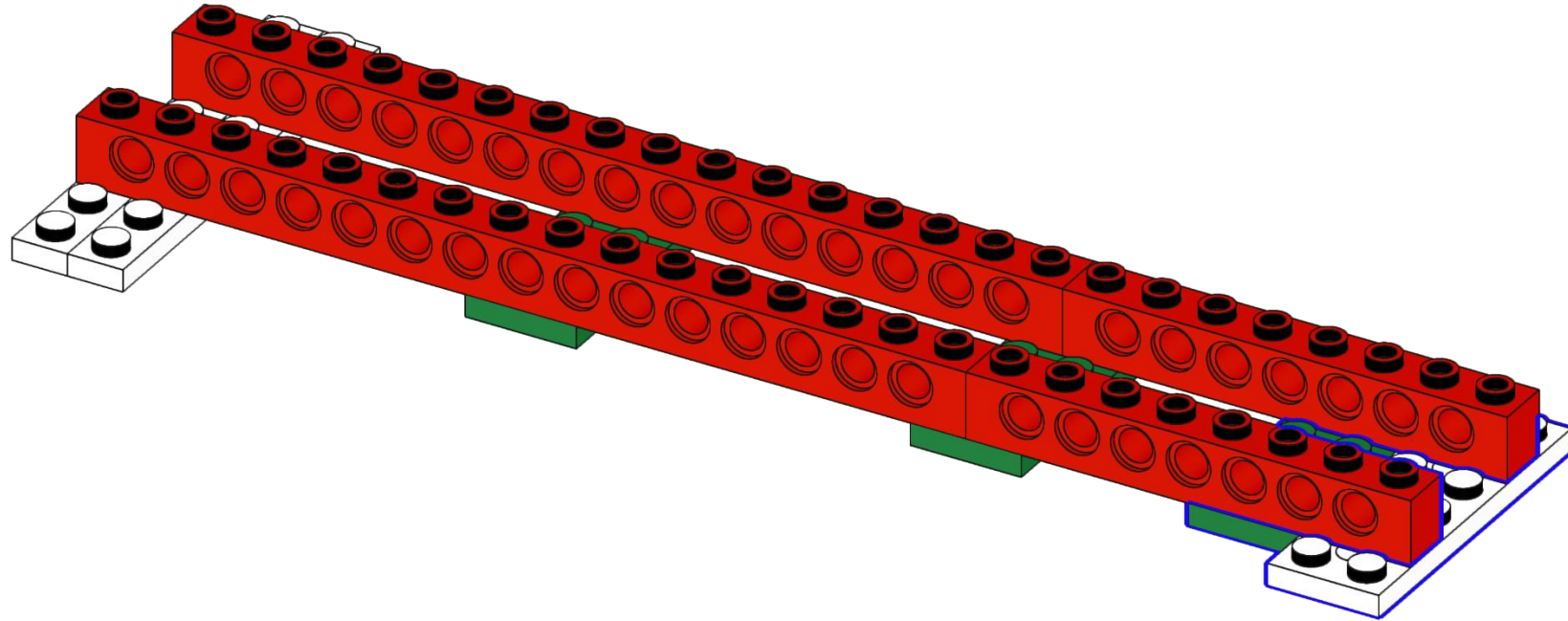
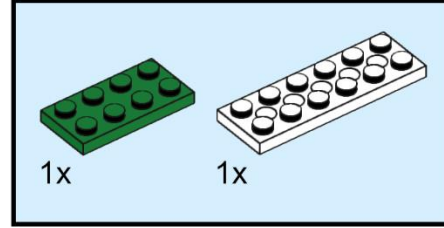
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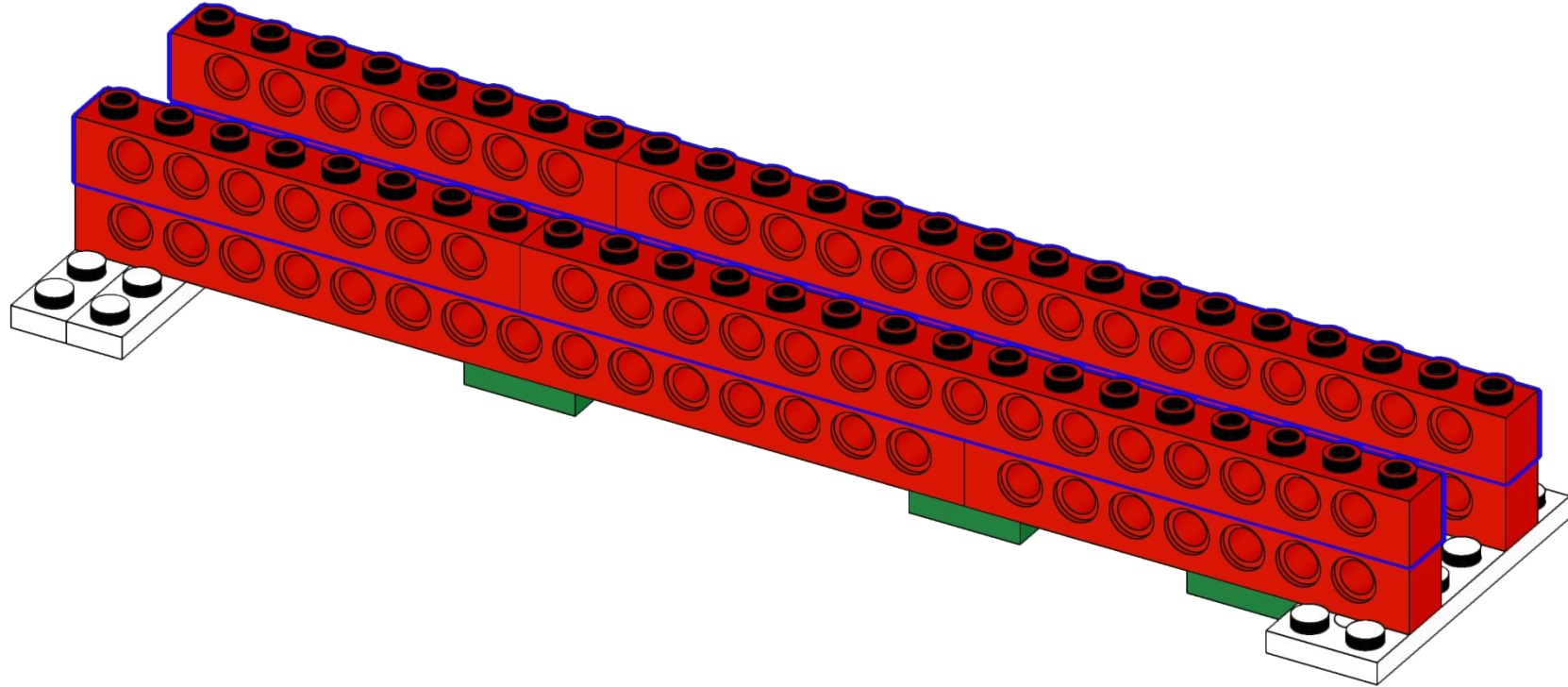
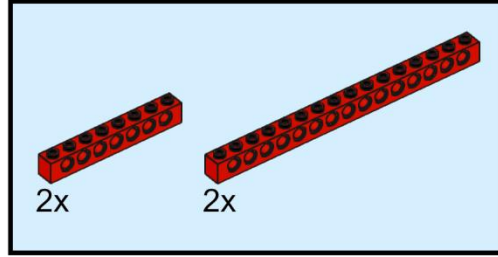
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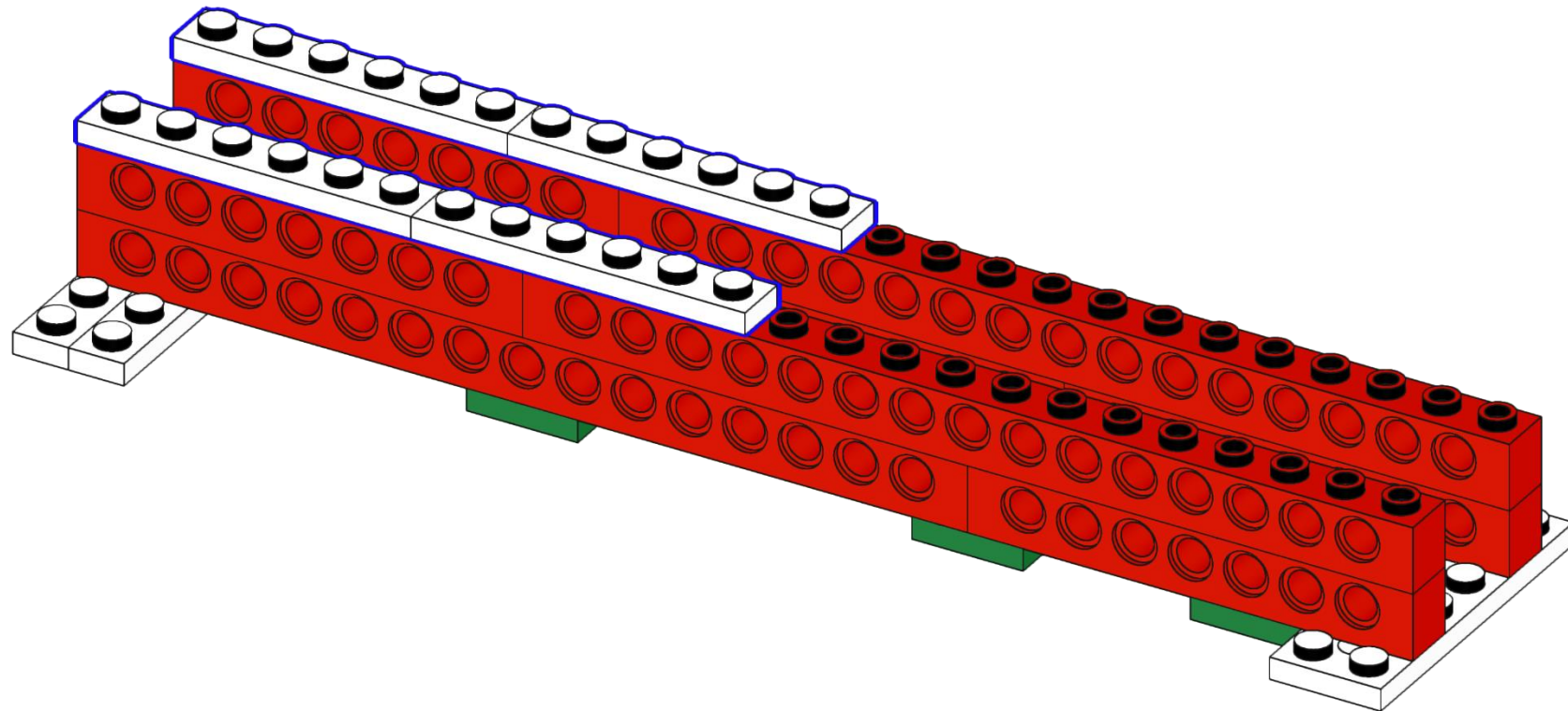
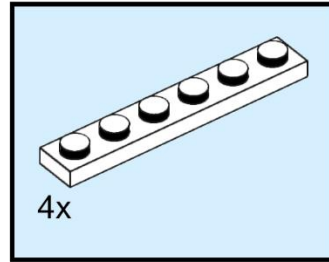
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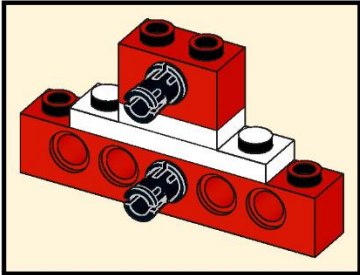


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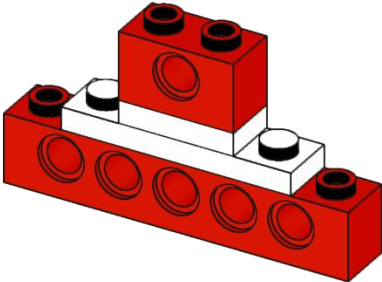
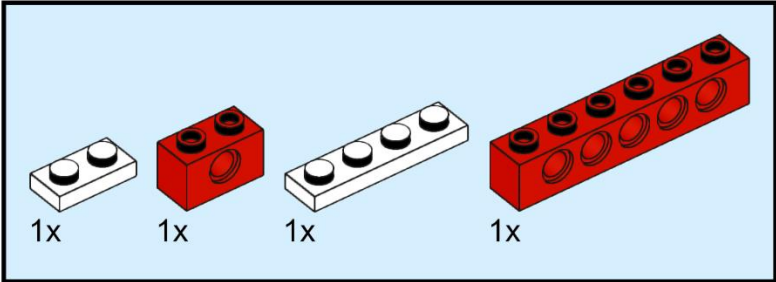


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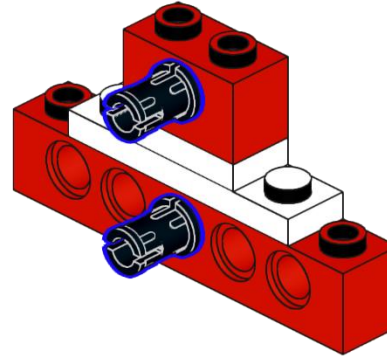
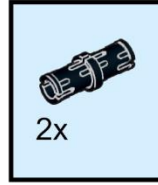


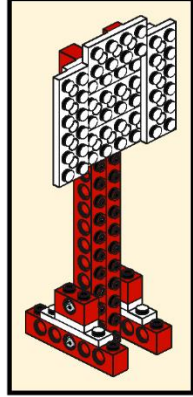


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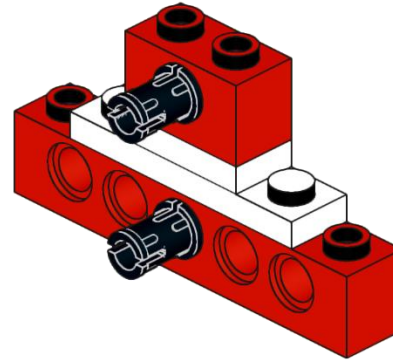


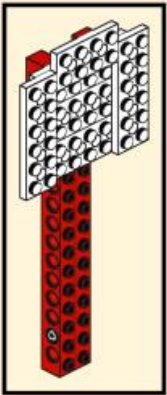
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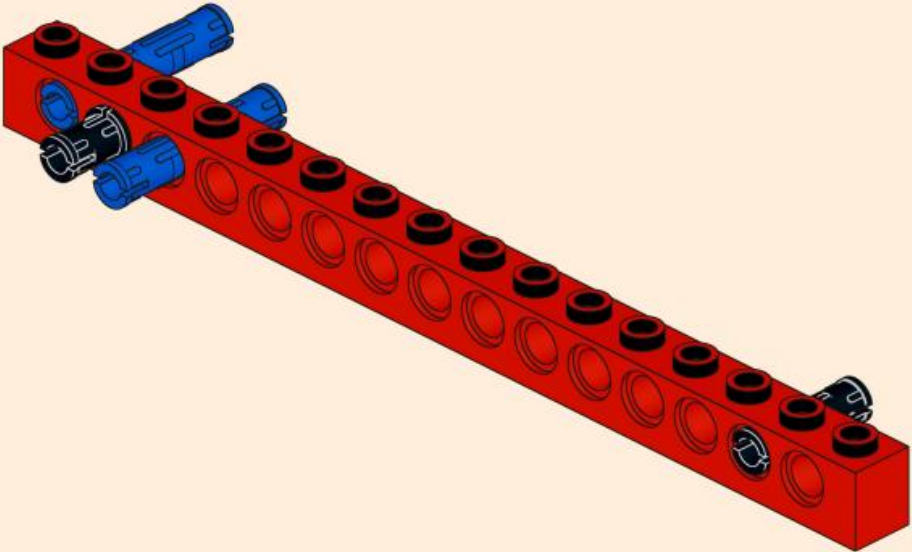
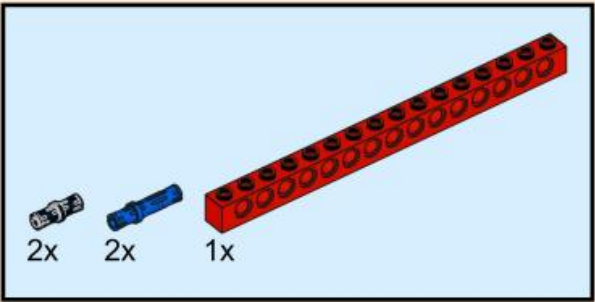


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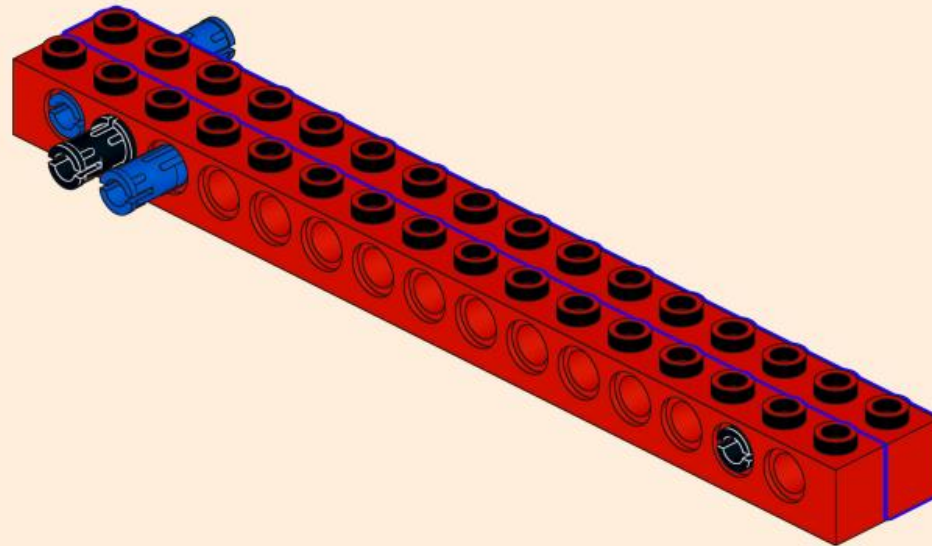
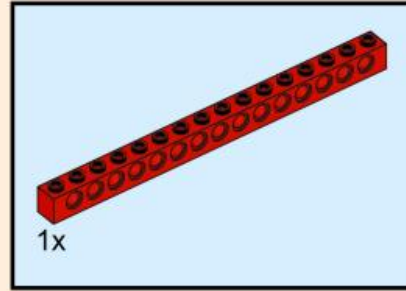




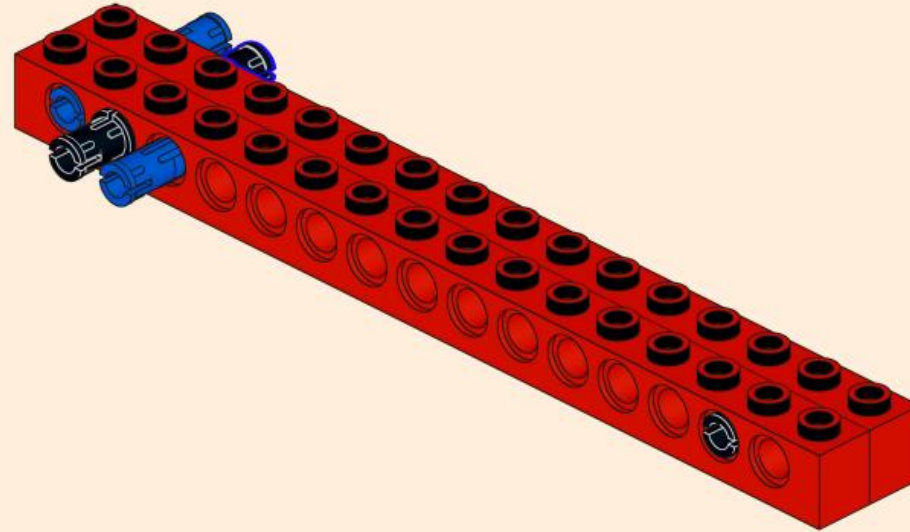
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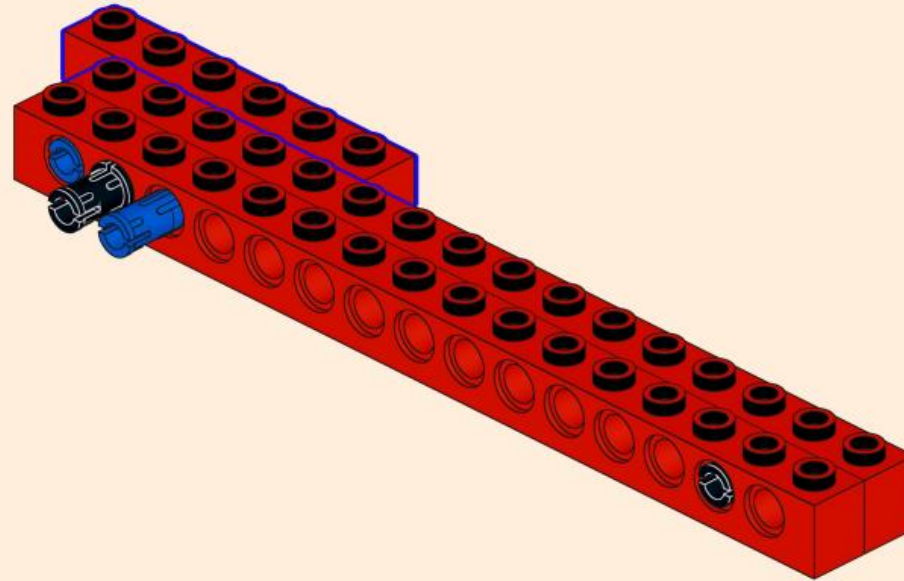
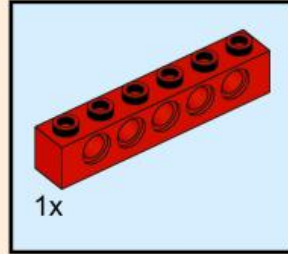
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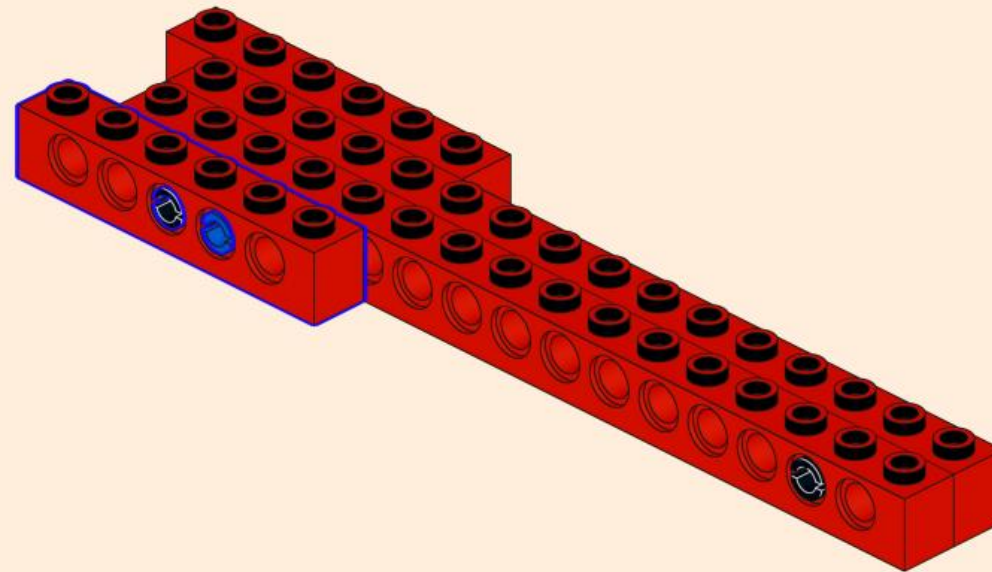
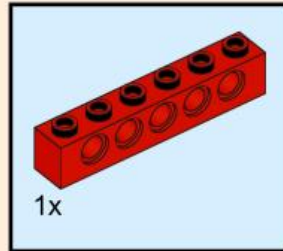
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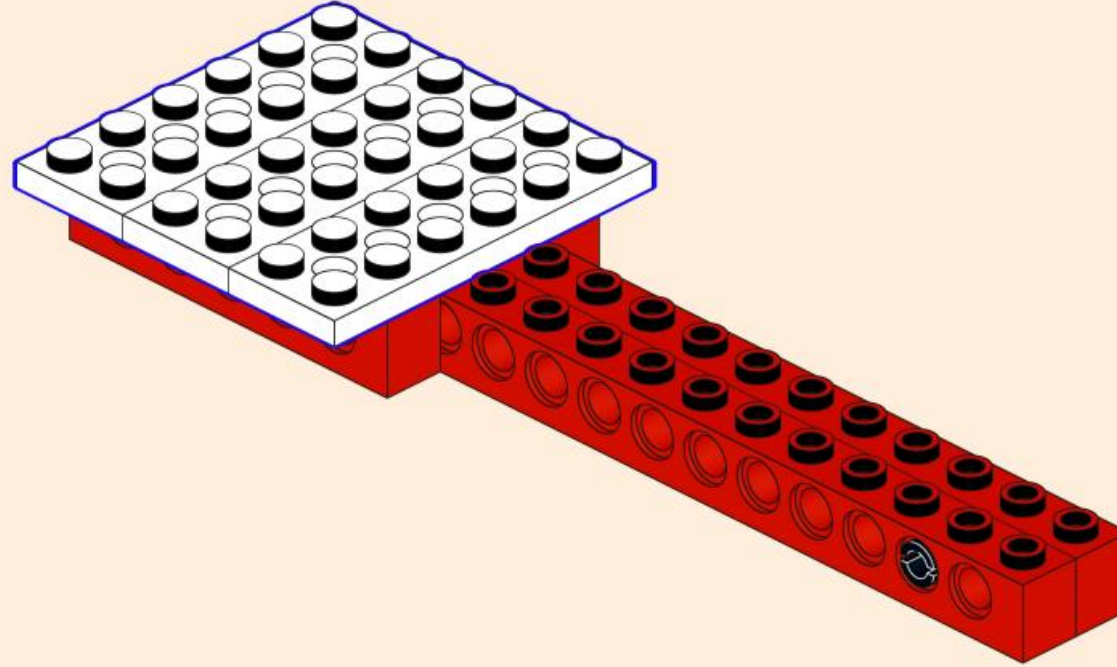
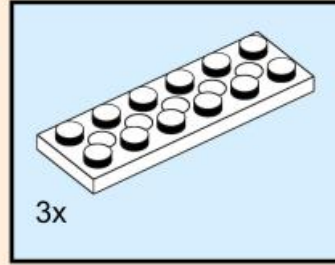
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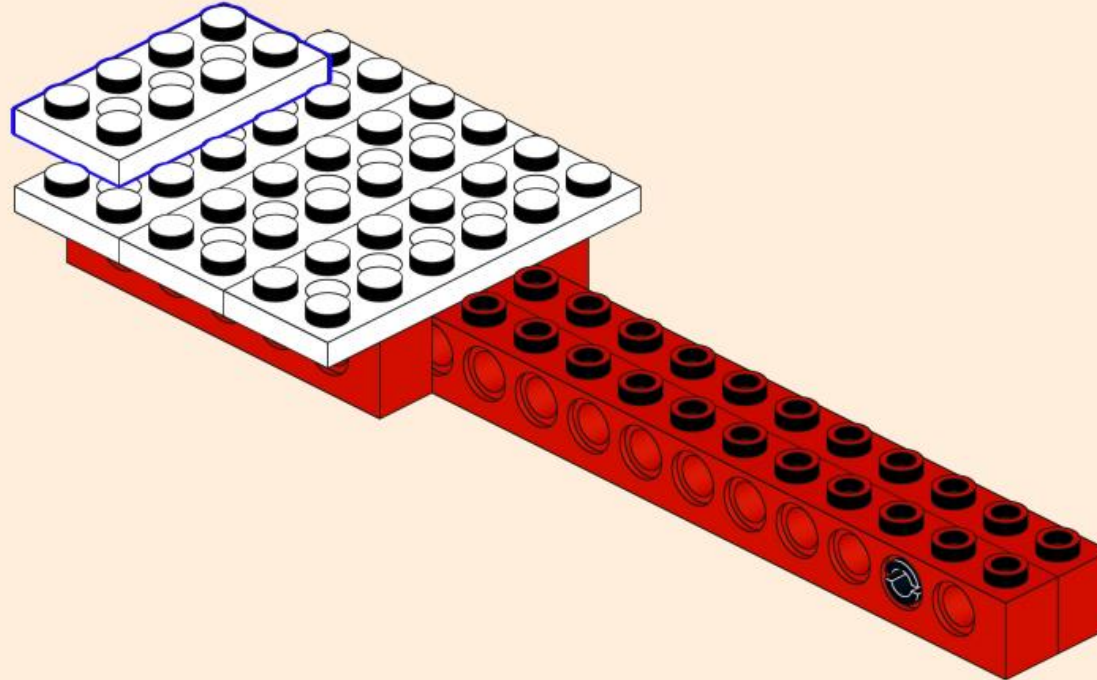
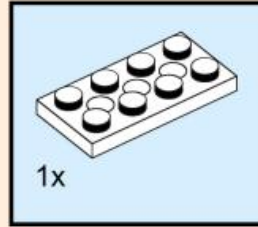
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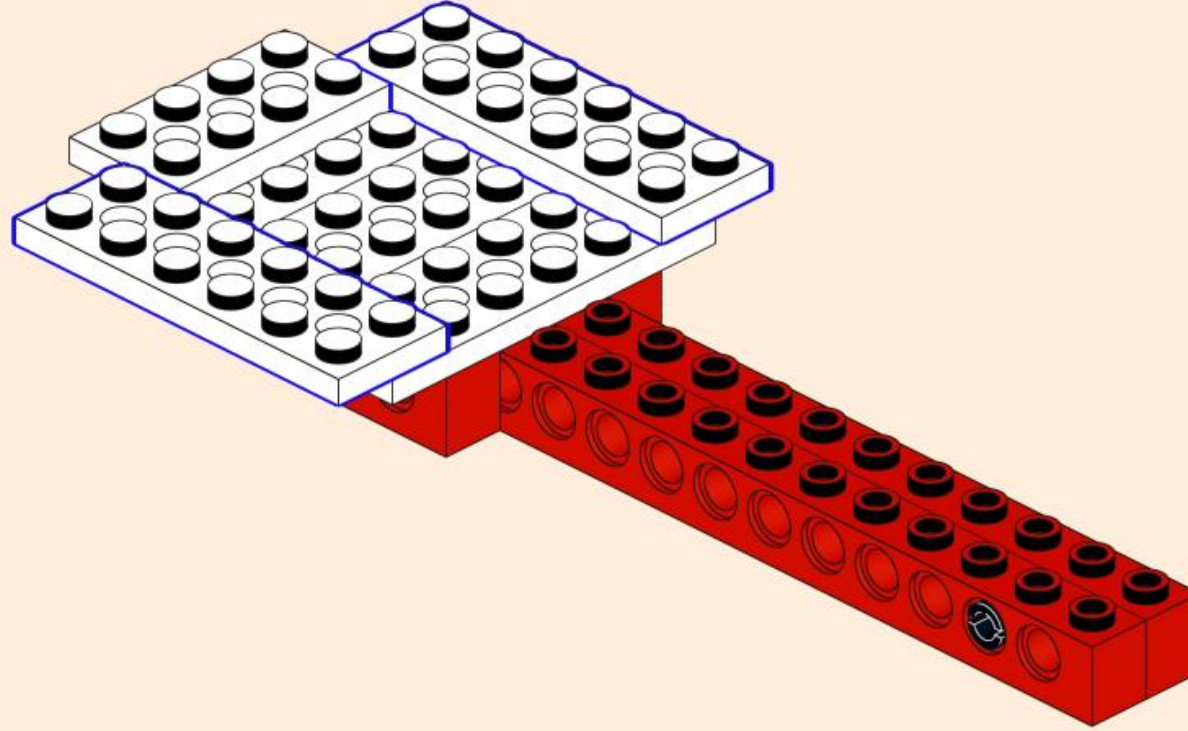
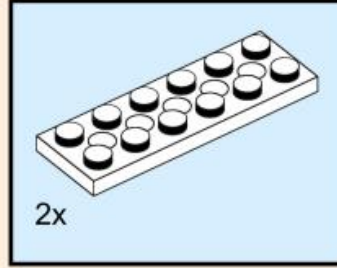
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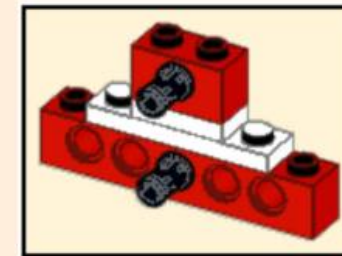


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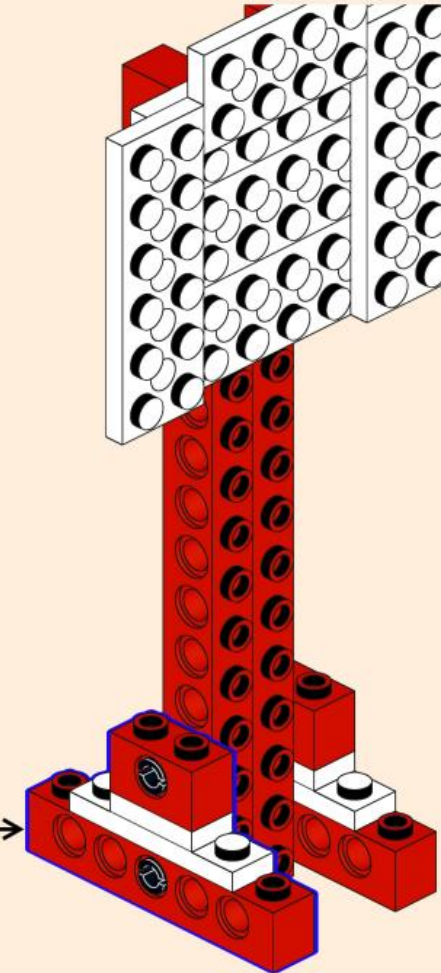
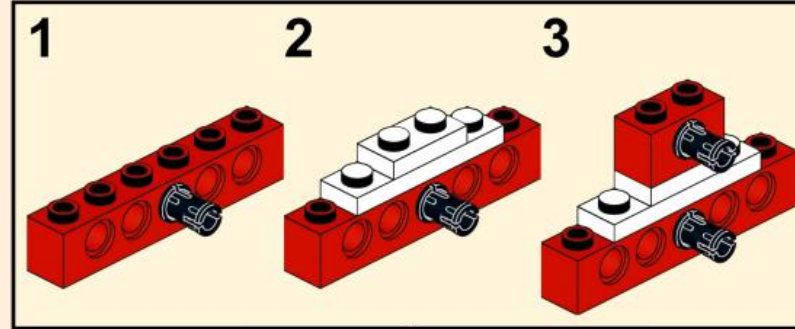
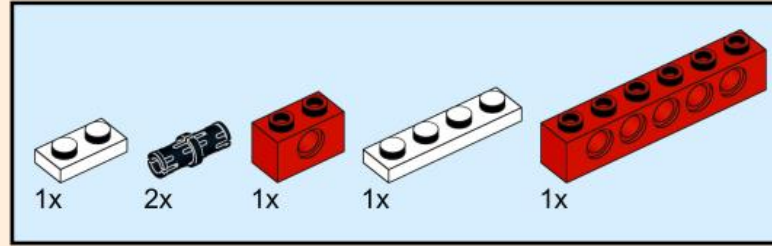


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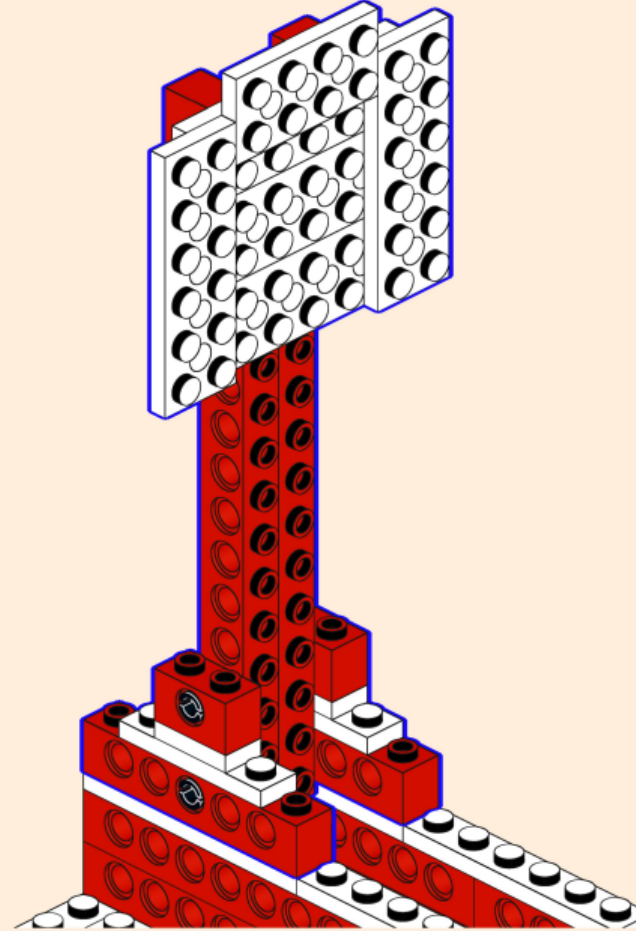


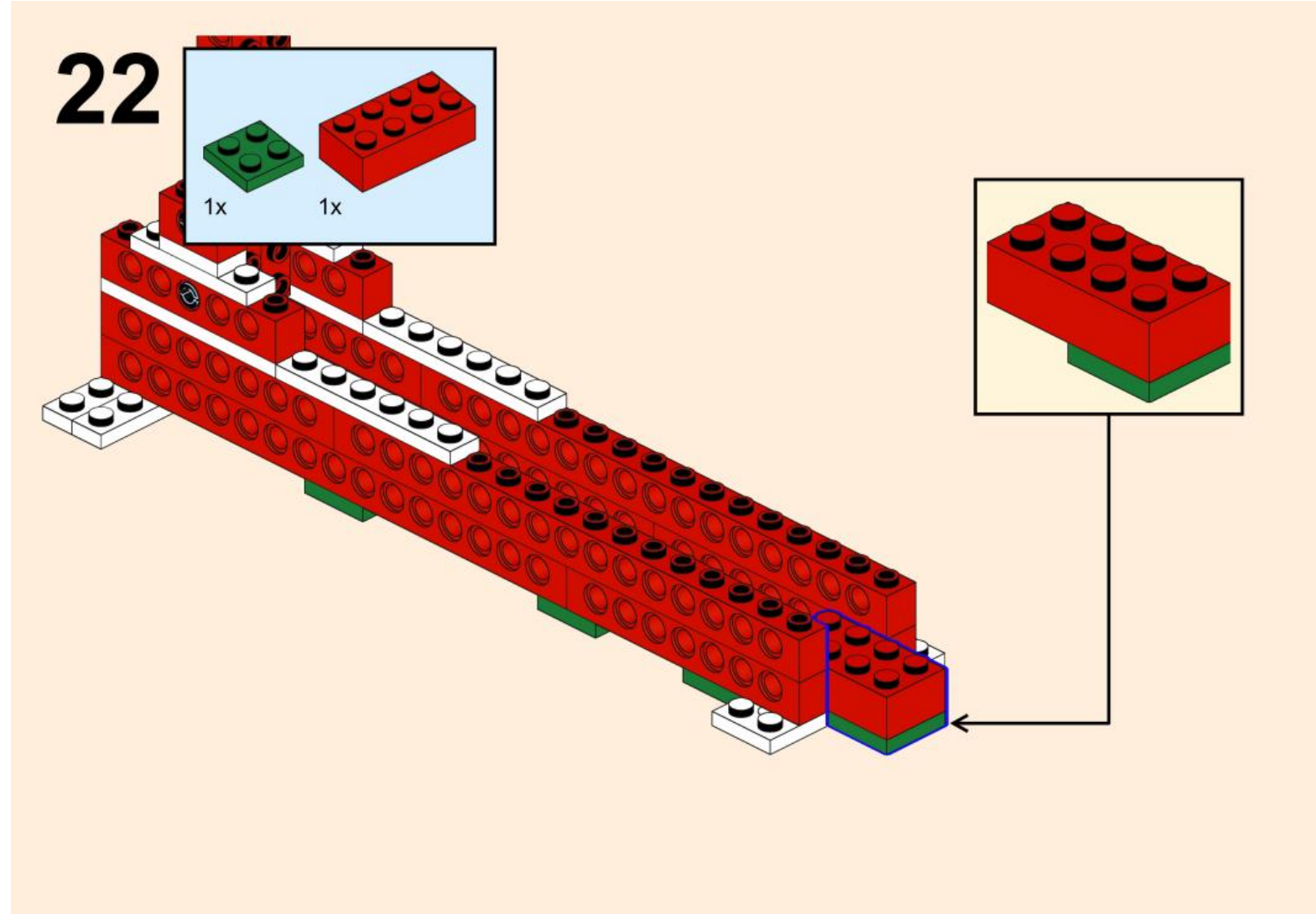


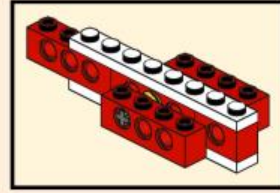
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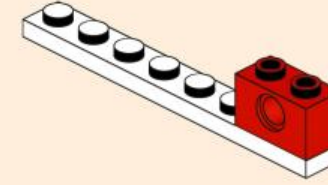
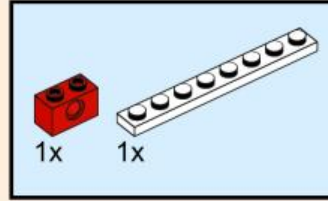
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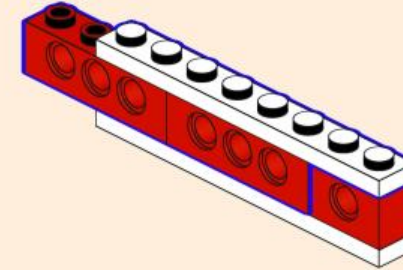
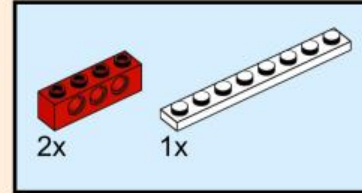




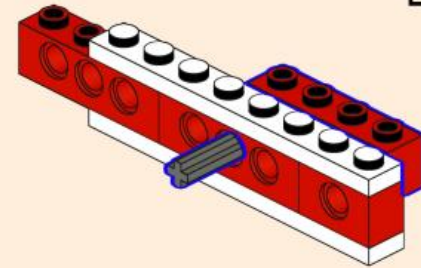
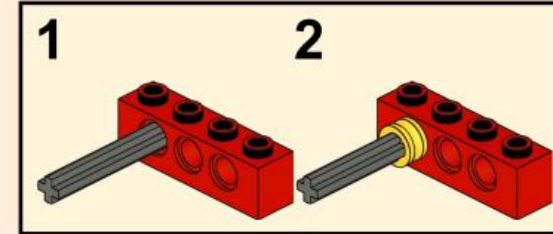
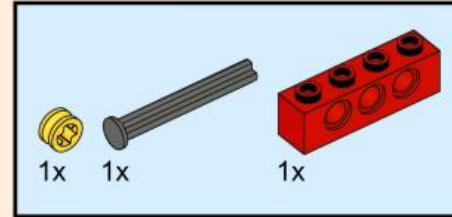
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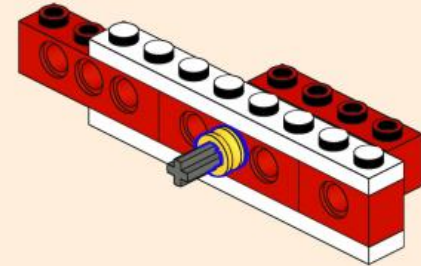
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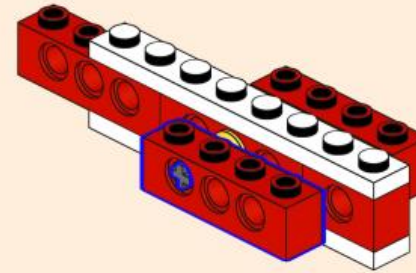
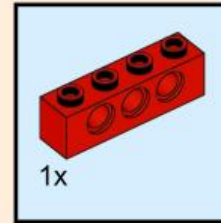
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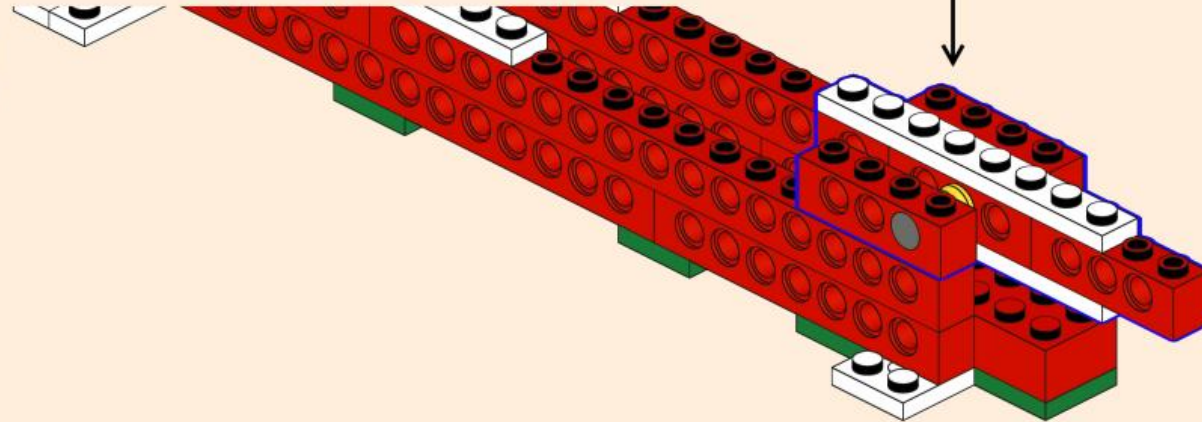
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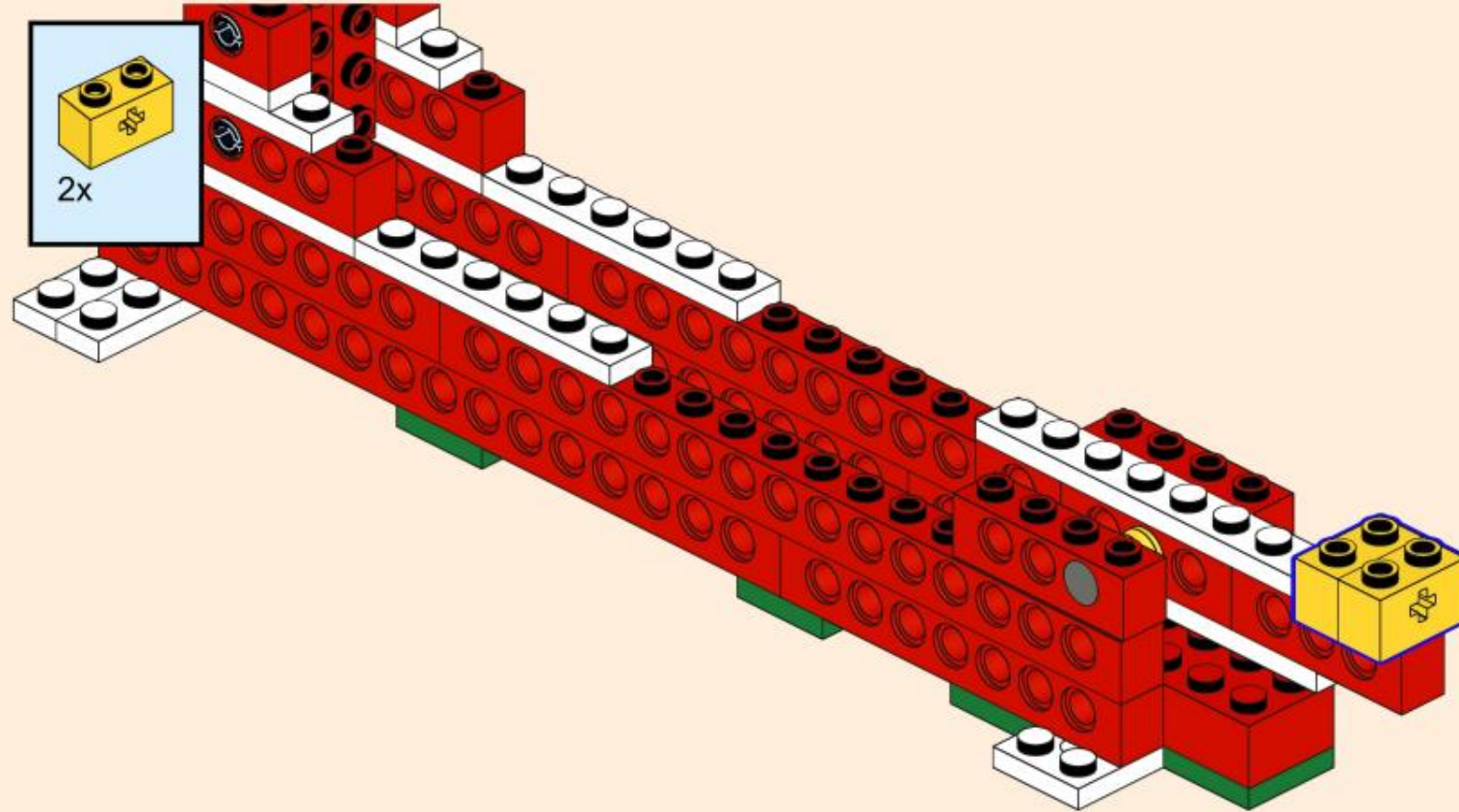
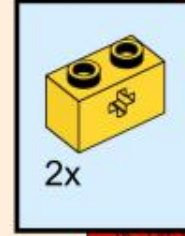
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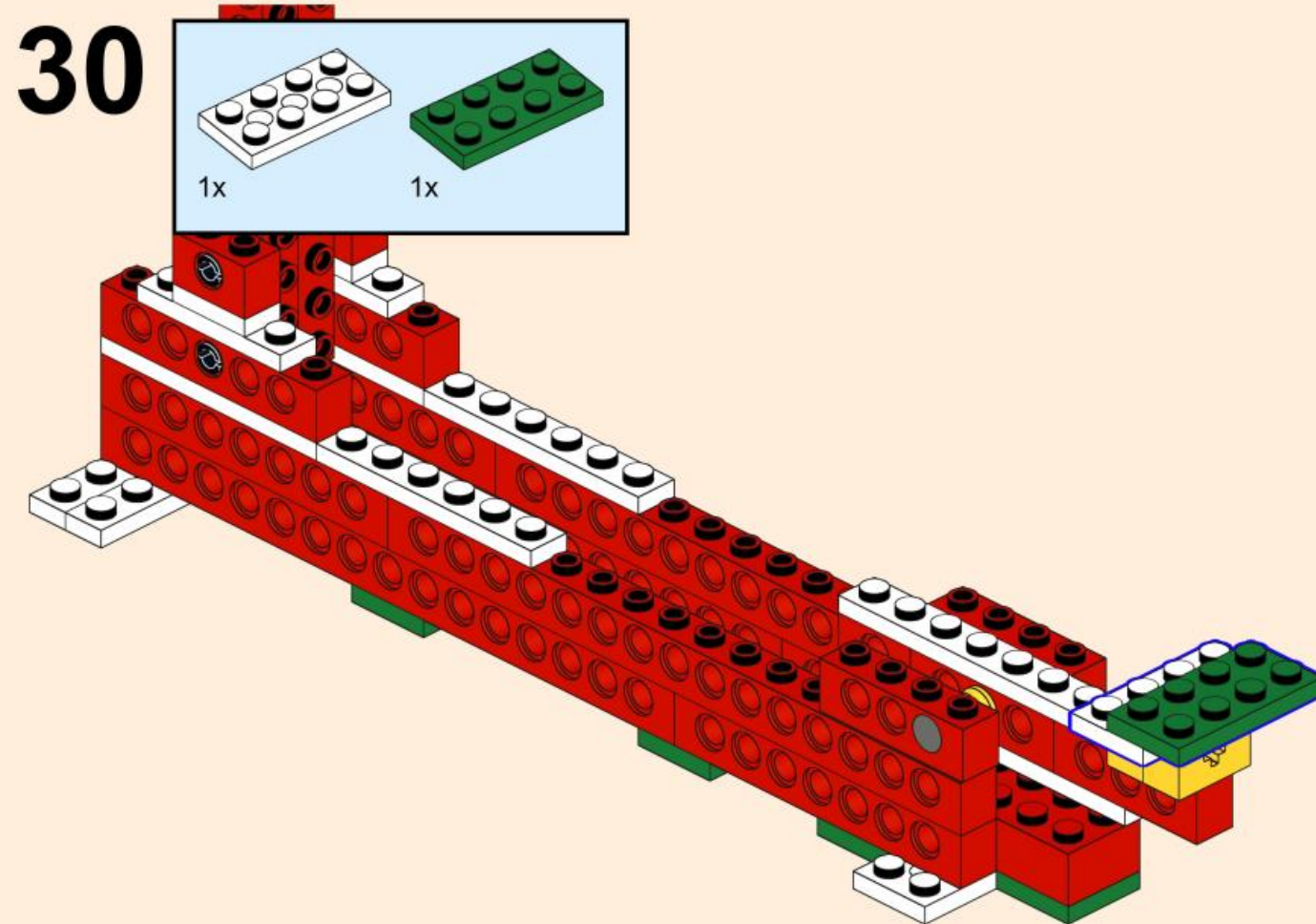


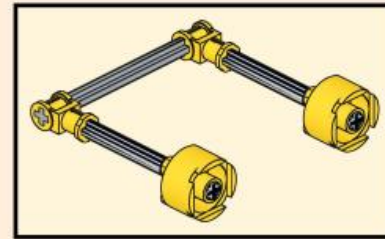
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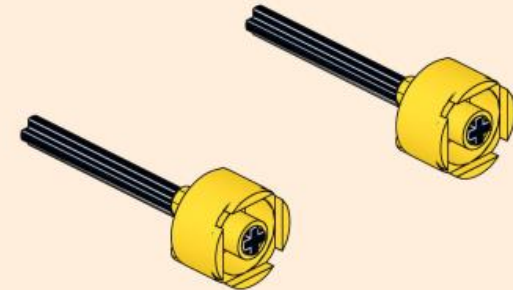
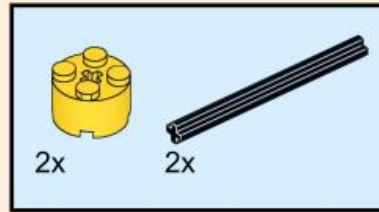
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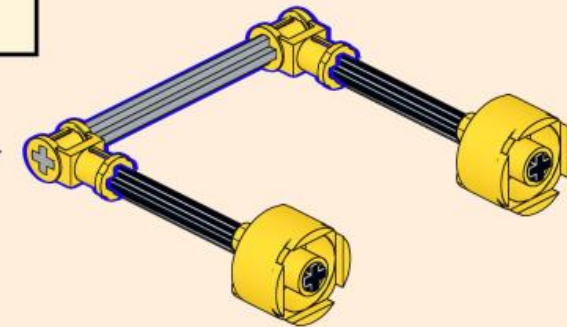
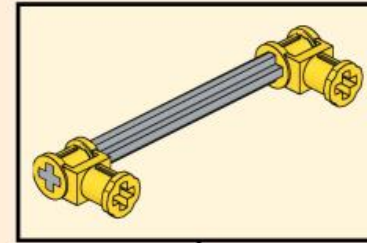
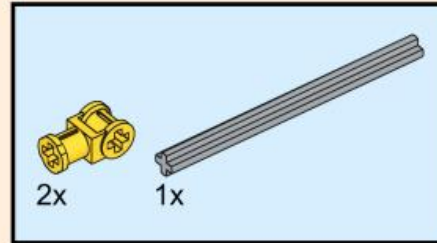




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