***7-SINF UCHUN JISMONIY TARBIYA FANIDAN YILLIK TAQVIM-MAVZUVIY ISH REJA***

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **№** | **Mavzular** | **Soat** | **Taqvim vaqt** | | | | **O‘tilgan vaqt** | | | | **Uyga vazifa** | **Ko‘rgaz-malar** | **Izoh** |
| **I CHORAK – 18 SOAT** | | | | | | | | | | | | | |
| 1 | Kirish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 2 | Ko‘zingizni asrang | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 3 | To‘g‘ri qad-qomat haqida | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 4 | Kun tartibining buzilishi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 5 | Pul’s | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 6 | Jismoniy rivojlanish ko‘rsatkichlarini biling | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 7 | Massaj qilish (uqalash)ni o‘rganing | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 8 | Nazorat ishi – 1 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 9 | Gimnastika | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 10 | Gimnastika | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 11 | Gimnastika turlari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 12 | Gimnastika turlari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 13 | Gimnastika turlari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 14 | Ertalabki badan tarbiya mashqlari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 15 | Arg‘amchi bilan mashqlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 16 | Nazorat ishi - 2 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 17 | Aylanma mashq usuli | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 18 | Umumrivojlantiruvchi mashqlar majmuasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| **II CHORAK – 14 SOAT** | | | | | | | | | | | | | |
| 19 | Umumrivojlantiruvchi mashqlar majmuasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 20 | Umumrivojlantiruvchi mashqlar majmuasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 21 | Umumrivojlantiruvchi mashqlar majmuasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 22 | Umumrivojlantiruvchi mashqlar majmuasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 23 | Yengil atletika | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 24 | Tez yugurishni o‘rganish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 25 | Tez yugurishni o‘rganish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 26 | Tez yugurishni o‘rganish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 27 | Nazorat ishi – 3 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 28 | Uzoqroqqa sakrashni o‘rganing | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 29 | Uzoqroqqa sakrashni o‘rganing | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 30 | Uzoqroqqa sakrashni o‘rganing | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 31 | Hammadan balandroq sakrashni xohlaysizmi? | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 32 | Nazorat ishi - 4 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| **III CHORAK – 20 SOAT** | | | | | | | | | | | | | |
| 33 | Hammadan balandroq sakrashni xohlaysizmi? | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 34 | Basketbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 35 | Basketbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 36 | Basketbol o‘yinining texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 37 | Basketbol o‘yinining texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 38 | Basketbol o‘yinining texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 39 | Basketbol o‘yinining texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 40 | Basketbol o‘yinining texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 41 | Nazorat ishi – 5 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 42 | Volleybol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 43 | Volleybol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 44 | Volleybolchining o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 45 | Volleybolchining o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 46 | Volleybolchining o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 47 | Volleybolchining o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 48 | Volleybolchining o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 49 | Volleybol o‘yini texnikasini yaxshi o‘zlashtirish uchun mashqlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 50 | Volleybol o‘yini texnikasini yaxshi o‘zlashtirish uchun mashqlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 51 | Jismoniy sifatlarni rivojlantiruvchi mashqlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 52 | Nazorat ishi - 6 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| **IV CHORAK – 16 SOAT** | | | | | | | | | | | | | |
| 53 | Qo‘l to‘pi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 54 | Qo‘l to‘pi o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 55 | Qo‘l to‘pi o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 56 | Qo‘l to‘pi o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 57 | Qo‘l to‘pi o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 58 | Qo‘l to‘pi o‘yin texnikasi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 59 | Qo‘l to‘pi o‘yinchisining jismoniy tayyorgarligi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 60 | Qo‘l to‘pi o‘yinchisining jismoniy tayyorgarligi | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 61 | Nazorat ishi – 7 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 62 | Futbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 63 | Futbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 64 | Ikki tomonlama o‘yin | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 65 | Ikki tomonlama o‘yin | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 66 | Ikki tomonlama o‘yin | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 67 | Ikki tomonlama o‘yin | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 68 | Nazorat ishi – 8 | 1 |  |  |  |  |  |  |  |  |  |  |  |