***6-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 | Umumrivojlantiruvchi mashqlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 2 | Umumrivojlantiruvchi mashqlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 3 | Umumrivojlantiruvchi mashqlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 4 | Umumrivojlantiruvchi mashqlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 5 | Tayanib sakrash | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 6 | Tayanib sakrash | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 7 | Tirmashib chiqish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 8 | Nazorat ishi – 1 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 9 | Osilish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 10 | Osilish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 11 | Tayanishlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 12 | Akrobatika | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 13 | Akrobatika | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 14 | Muvozanat saqlash mashqlari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 15 | Muvozanat saqlash mashqlari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 16 | Nazorat ishi - 2 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 17 | Estafetali quvnoq o‘yinlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 18 | Yurish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| **II CHORAK – 14 SOAT** | | | | | | | | | | | | | |
| 19 | Yugurish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 20 | Yugurish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 21 | Sakrash qoidalari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 22 | Bir va ikki oyoqlab chapga, o‘nga, orqaga burilib sakrash | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 23 | Uzunlikka “oyoq bukish usuli”da sakrash | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 24 | Balandlikka “xatlab o‘tish usuli”da sakrash | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 25 | Nazorat ishi - 3 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 26 | Uloqtirish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 27 | Uloqtirish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 28 | Uloqtirish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 29 | Kross tayyorgarlik | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 30 | Nazorat ishi - 4 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 31 | Basketbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 32 | Basketbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| **III CHORAK – 20 SOAT** | | | | | | | | | | | | | |
| 33 | Basketbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 34 | Basketbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 35 | Basketbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 36 | Volleybol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 37 | Volleybol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 38 | Volleybol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 39 | Volleybol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 40 | Volleybol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 41 | Nazorat ishi - 5 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 42 | Gandbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 43 | Gandbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 44 | Gandbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 45 | Gandbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 46 | Gandbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 47 | Futbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 48 | Futbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 49 | Futbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 50 | Futbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 51 | Futbol | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 52 | Nazorat ishi - 6 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| **IV CHORAK – 16 SOAT** | | | | | | | | | | | | | |
| 53 | Shaxmat saboqlari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 54 | Shaxmat saboqlari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 55 | Shaxmat saboqlari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 56 | Kurash qoidalari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 57 | Kurashda qulay holatni egallash | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 58 | Kurash elementlari bo‘lgan harakatli o‘yinlar | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 59 | Nazorat ishi - 7 | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 60 | Kurash usullari | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 61 | Orqadan chalish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 62 | Oldindan chalish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 63 | Oldindan chalish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 64 | Oyoqlarni yonidan qoqib yiqitish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 65 | Oyoqlarni yonidan qoqib yiqitish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 66 | Suzish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 67 | Suzish | 1 |  |  |  |  |  |  |  |  |  |  |  |
| 68 | Nazorat ishi - 8 | 1 |  |  |  |  |  |  |  |  |  |  |  |