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جامعة سوهاج كلية التربية الرياضية

**أنشطـــة وتطبيقــــــات**

**في**

أسـاسيات الجمــباز

الفرقة الثانية

|  |  |
| --- | --- |
| **الاســــم** |  |
| **الشعبة** |  |
| **الدرجـــة** |  |

**1- وضح مفهوم رياضة الجمباز؟**

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**2- أذكر أنواع الجمباز مع شرح احداها** ؟

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**3-أذكر القيم التربوية لرياضة الجمباز؟**

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4**-أذكر الأوضاع الاساسية الخاصة بالحركات الارضية مع شرح احداها؟**

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**5- أذكر النواحى الفنية للدحرجة الأمامية المتكورة ؟**

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**6-تناول بالشرح الشقلبة الأمامية على اليدين بالرتقاء الفردى من حيث (النواحى الفنية – الخطوات التعليمية – طريقة السند)؟**

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**7-أذكر مراحل القفز على حصان القفز؟**

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