

## Harmonogram zajęć w ramach programu "Krakowska Akademia Siatkarska"

### MARZEC

|          |                    |
|----------|--------------------|
| Miejsce: | SP nr 2 w Krakowie |
| Trener:  | URSZULA ZAGATA     |

#### TYDZIEŃ III

|       | PONIEDZIAŁEK<br>2017-03-13 | WTOREK<br>2016-06-14 | ŚRODA<br>2017-03-15 | CZWARTEK<br>2017-03-16 | PIĄTEK<br>2017-03-17 | SOBOTA<br>2017-03-18 | NIEDZIELA<br>2017-03-19 |
|-------|----------------------------|----------------------|---------------------|------------------------|----------------------|----------------------|-------------------------|
| 09:00 |                            |                      |                     |                        |                      |                      |                         |
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#### TYDZIEŃ IV

|       | PONIEDZIAŁEK<br>2017-03-20                                                                                 | WTOREK<br>2017-03-21 | ŚRODA<br>2017-03-22                                                                                            | CZWARTEK<br>2017-03-23 | PIĄTEK<br>2017-03-24 | SOBOTA<br>2017-03-25 | NIEDZIELA<br>2017-03-26 |
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| 16:30 | godz. 16:00-18:00,<br>KL. IV - VI, gry i<br>zabawy z<br>elementami piłki<br>siatkowej,<br>poznanie dzieci- |                      | godz. 16:00-<br>18:00, KL. IV -<br>VI, rozgrzewka<br>w formie<br>wyścigów<br>rzędów, nauka<br>odbić się rękami |                        |                      |                      |                         |
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**TYDZIEŃ V**

|       | PONIEDZIAŁEK                                                                                                                | WTOREK     | ŚRODA                                                                                                         | CZWARTEK   | PIĄTEK     | SOBOTA | NIEDZIELA |
|-------|-----------------------------------------------------------------------------------------------------------------------------|------------|---------------------------------------------------------------------------------------------------------------|------------|------------|--------|-----------|
|       | 2017-03-27                                                                                                                  | 2017-03-28 | 2017-03-29                                                                                                    | 2017-03-30 | 2017-03-31 |        |           |
| 09:00 |                                                                                                                             |            |                                                                                                               |            |            |        |           |
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| 16:30 | godz. 16:00-18:00,<br>KL. IV - VI,<br>doskonalenie odbić<br>sp. Górnym w<br>parach, ćw na<br>siatce,ćw<br>przypotowujące do |            | godz. 16:00-<br>18:00, KL. IV -<br>VI, doskonaleni<br>e odbić sp.<br>Górnym i<br>dolnym - ćw.<br>W dwójkach i |            |            |        |           |
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