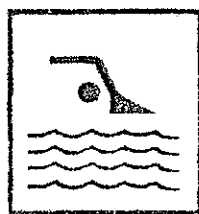
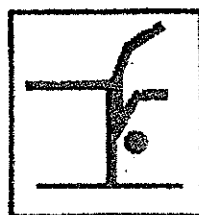
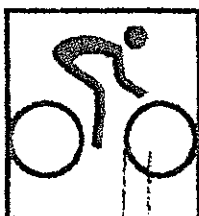


Metti in corrispondenza ogni icona con il relativo sport.



HOCKEY

GINNASTICA ARTISTICA

NUOTO

JUDO

CICLISMO

ATLETICA

CALCIO

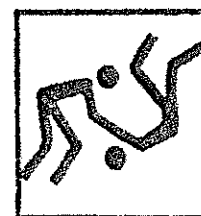
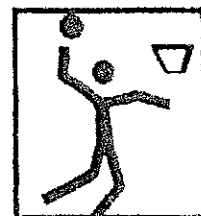
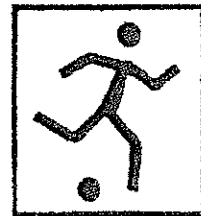
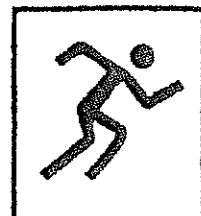
TENNIS

BASKET

VOLLEY

GINNASTICA RITMICA

TENNIS DA TAVOLO



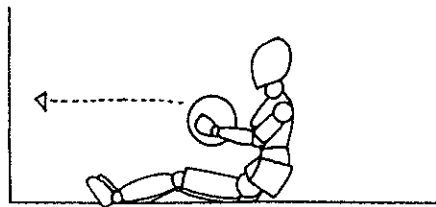
nome ..... classe ..... data .....

## IMPARARE A LANCIARE LA PALLA

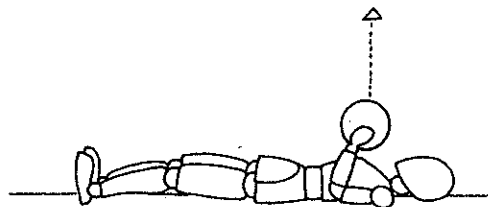
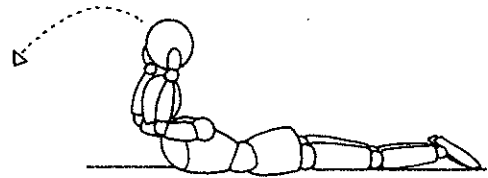
● Osserva la posizione dei manichini e collega le situazioni alla relativa nuvoletta.

• Con la palla da solo.

In posizione supina,  
con le braccia al petto, lancio  
la palla in alto e la riprendo.



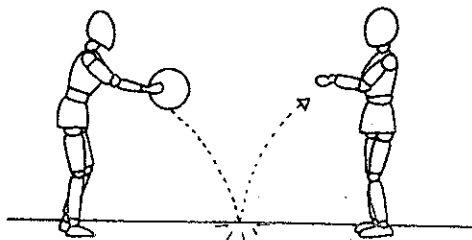
Seduto, con le braccia al petto,  
lancio la palla in avanti contro  
la parete e la riprendo.



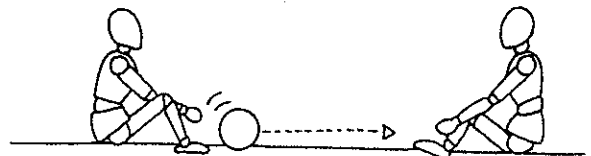
In posizione prona,  
con le braccia dietro al capo,  
lancio la palla a terra.

• Con la palla a coppie.

Effettuo il lancio partendo con  
la palla in alto dietro alla testa.



Passo la palla al mio compagno,  
facendola rotolare a terra.



Lancio la palla al mio  
compagno, facendola  
rimbalzare a terra.

