



Domžale, 17. 9. 2023

REZULTATI MERITEV GIBALNIH SPOSOBNOSTI IN TELESNIH ZNAČILNOSTI za šolsko leto 2022/2023

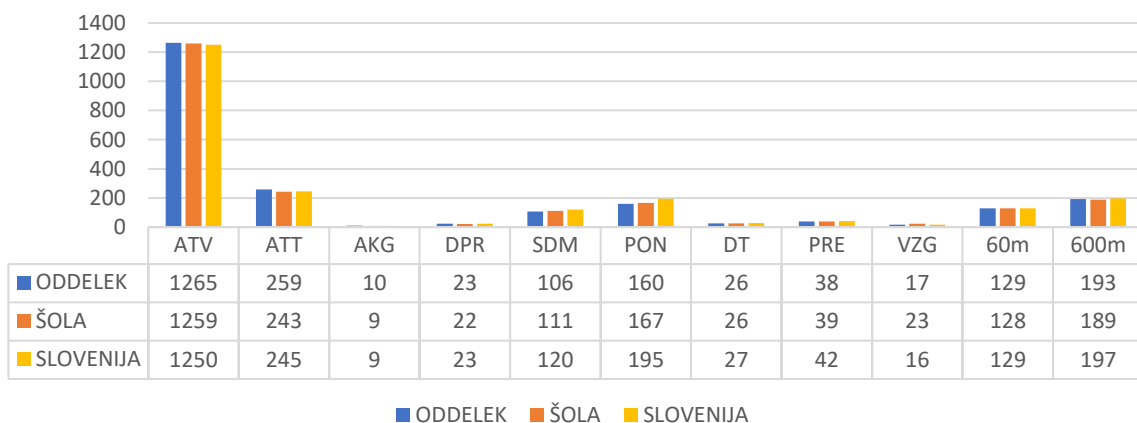
Na podlagi analize gibalnih sposobnosti in telesnih značilnosti, ki smo jih dobili iz Fakultete za šport lahko ugotovimo, da smo kot celotna šola glede na leto pred COVID19 nekoliko poslabšali rezultate glede na celotno slovensko področje. Pa vendar bi bilo to posploševanje nestrokovno saj smo v letu 2018/2019 meritve tudi za razredno stopnjo opravljali športni pedagogi z ekipo merilcev. Naslednje šolsko leto meritev zaradi epidemije ni bilo.

V letih 2020/2021 in 2021/2022 so se testiranja izvajala znotraj posameznih oddelkov zaradi strožjih ukrepov. Tudi lansko leto so meritve opravile učiteljice razrednega pouka, ki učijo šport in je tako verjetnost večja, da je prišlo do večjih razhajanj pri meritvah. Zato smo se za letošnje leto 2023/2024 zopet odločili, da te meritve izvedemo učitelji športa z merilno ekipo med urami športa za celotno razredno stopnjo na matični šoli. Na podružnični šoli Ihan bosta testiranje izvedla tamkajšnja športna pedagoga (Breda Bevc in Darko Oražem). Glede na grafe lahko vidimo, da so letošnji rezultati nad povprečjem pri poligonu nazaj (PON- koordinacija v gibanju nazaj), predklonu (PRE- gibljivost trupa) in teku na 600m (vzdržljivost). Pod povprečjem pa pri »tapingu« ali dotikanje z roko plošče (DT- repetitivna moč rok), skoku v daljino z mesta (SDM- eksplozivnost nog) in »trebušnjakih« oz. dvigovanju trupa (DT- moč trebušnih mišic). V povprečju smo glede na sposobnosti slovenskih šol v zlati sredini (50%). Za letos smo se odločili, da grafe/podatke posredujemo učiteljem, ki učijo šport na razredni stopnji in jim svetujemo, kje bi bilo potrebno v njihovem oddelku narediti nekaj več, da se stanje izboljša. Torej učitelje športa bomo seznanili z nekaterimi vajami za izboljšanje rezultatov posameznih motoričnih testov. Tako bo zagotovljen bolj individualen pristop, saj so tudi odstopanja različna glede na posamezne oddelke.

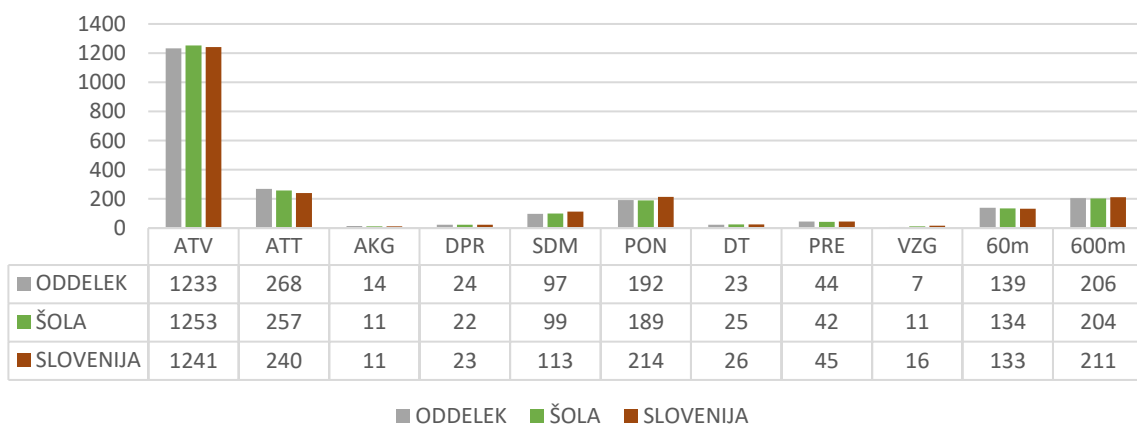
Rezultati pri ŠVK-ju niso le odraz dela pri urah športa, saj jih je zagotovo premalo glede na današnji način življenja. So tudi odraz življenjskega sloga v družini kot osnovni celici vsakega otroka. Naj bo »zdrav življenjski slog« in »gibanje za vse življenje« naš moto v prihodnjih letih tako v šoli kot doma.

Tinkara Skamen Šerkezi, prof. šp. vzgoje

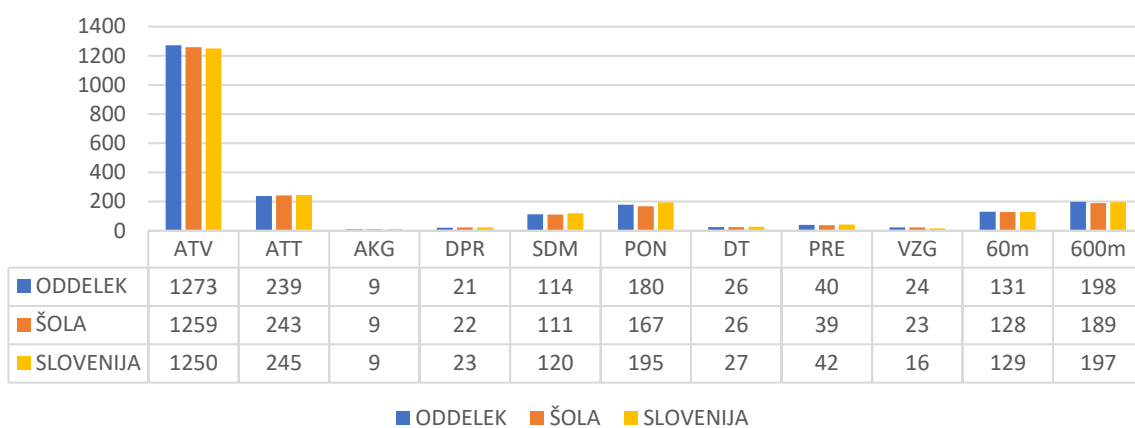
Učenci - 1.A



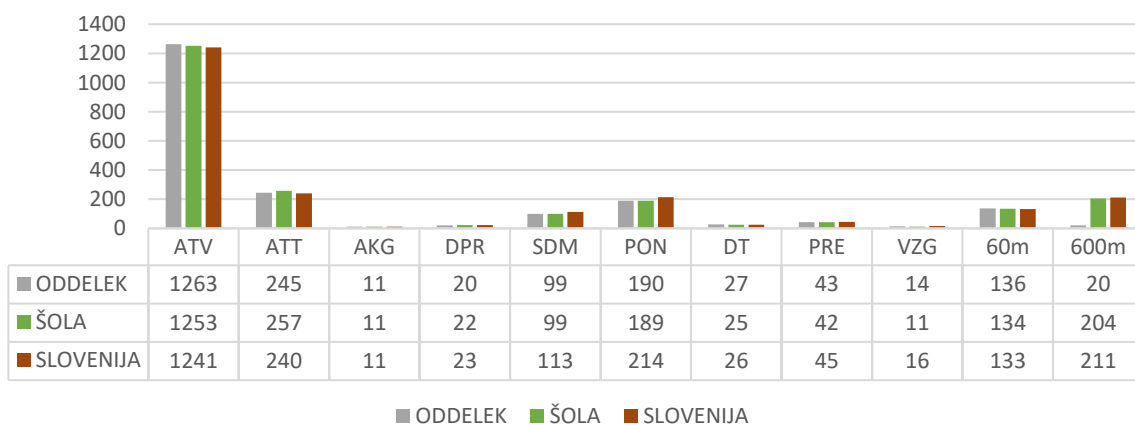
Učenke - 1.A



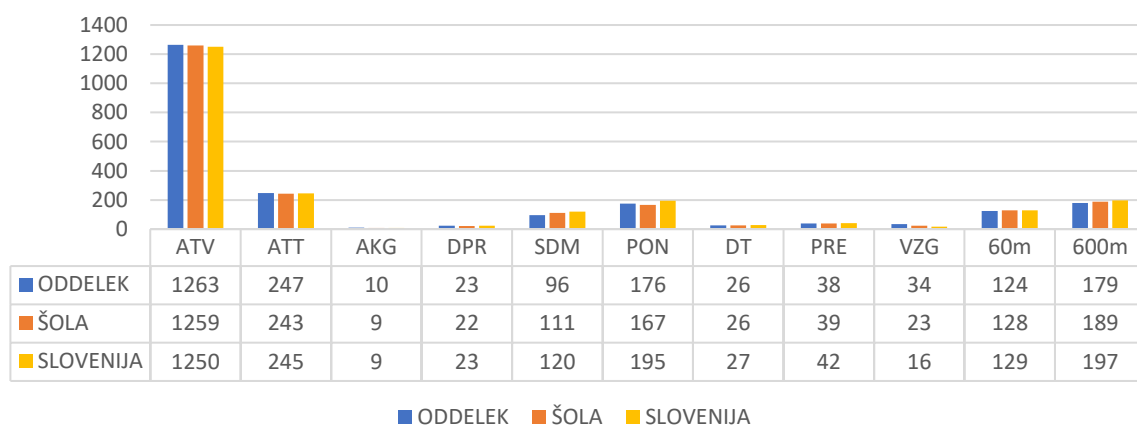
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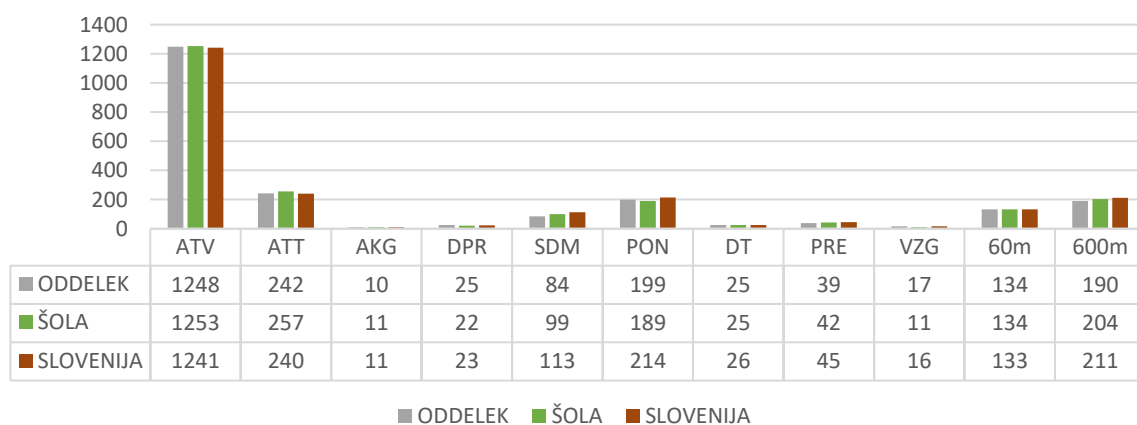
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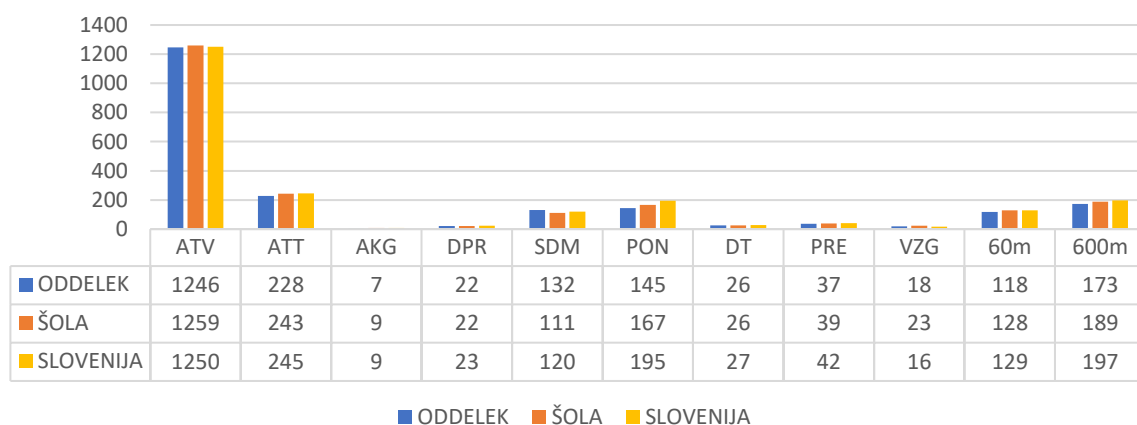
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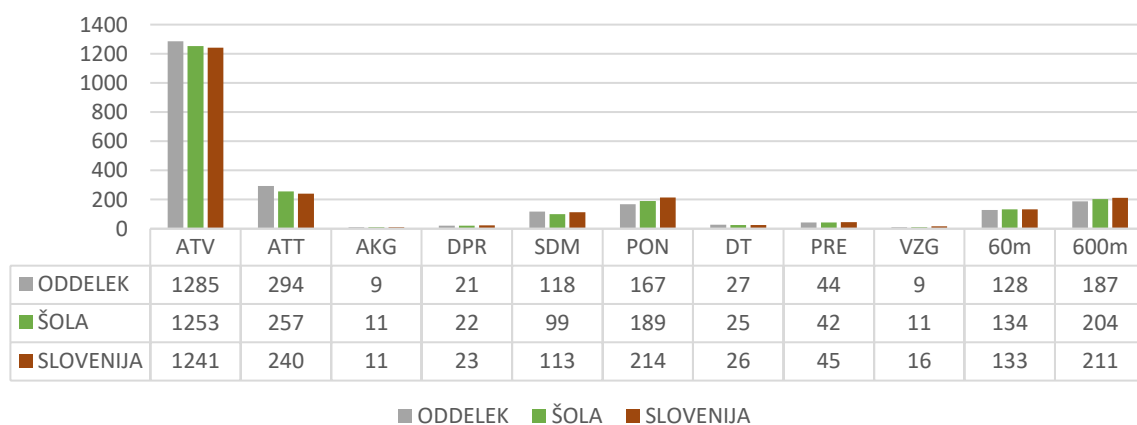
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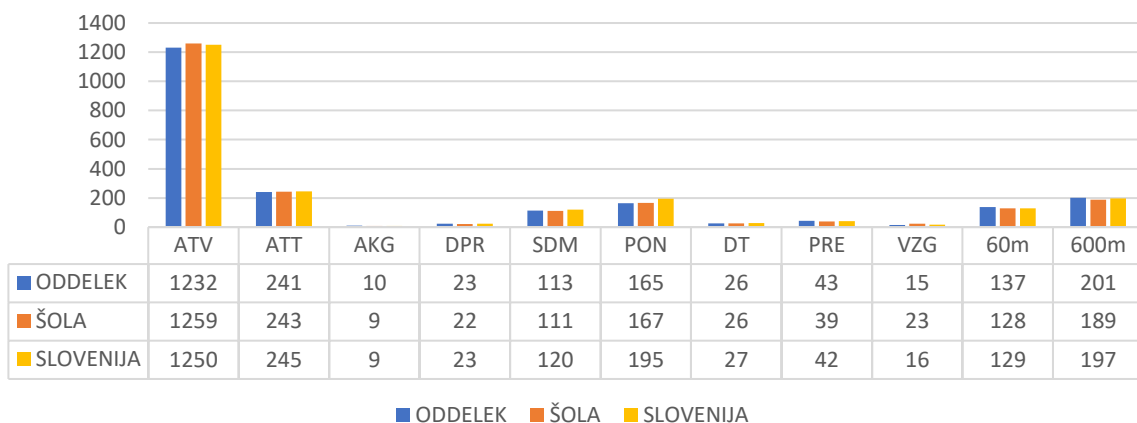
Učenci - 1.I



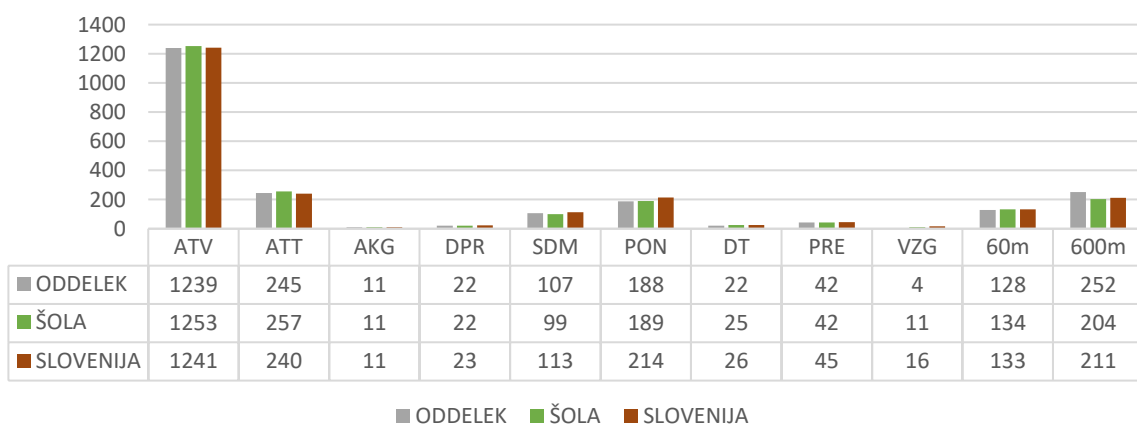
Učenke - 1.I



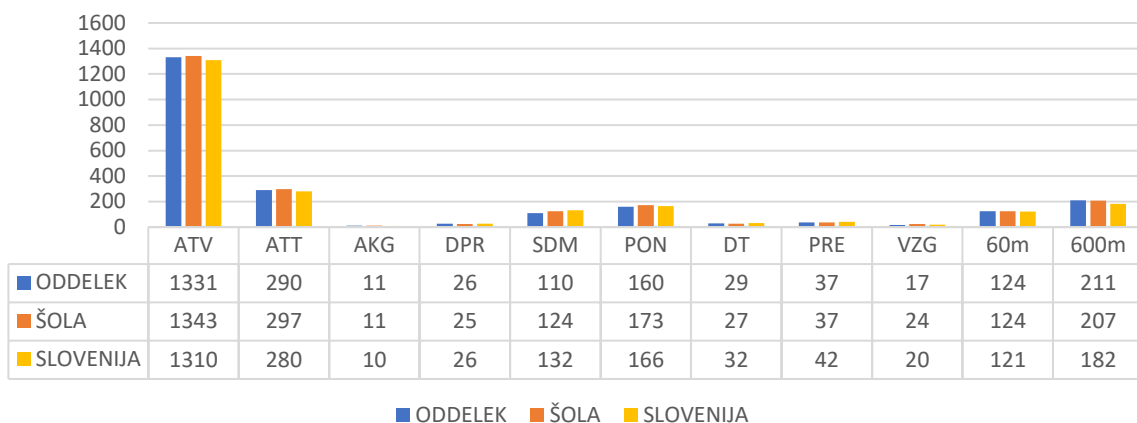
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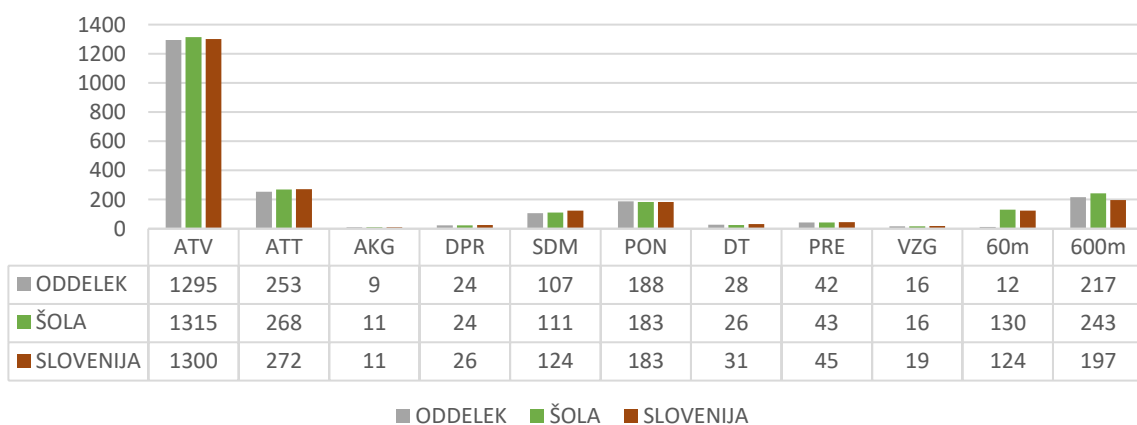
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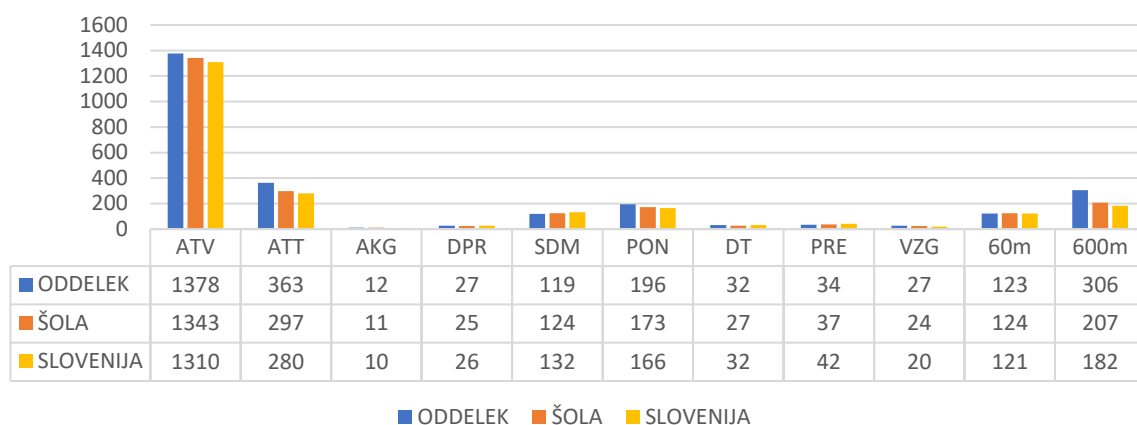
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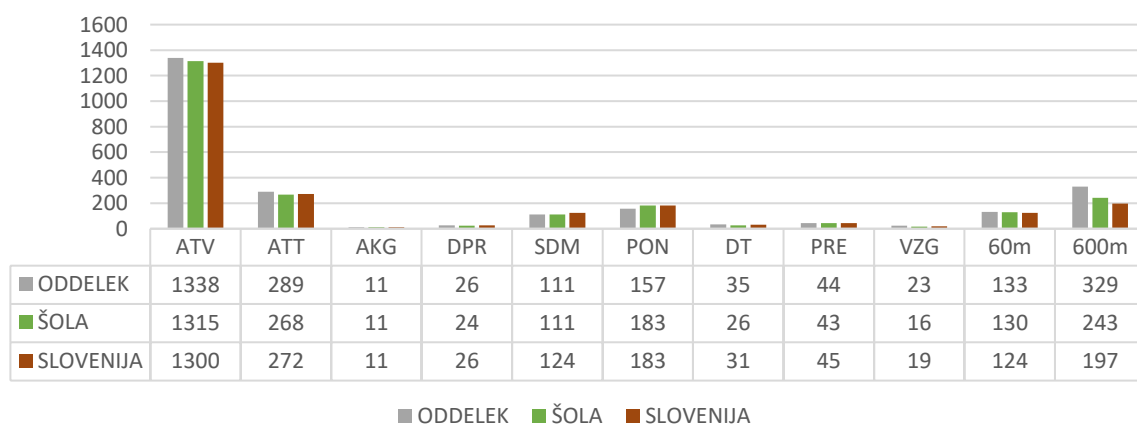
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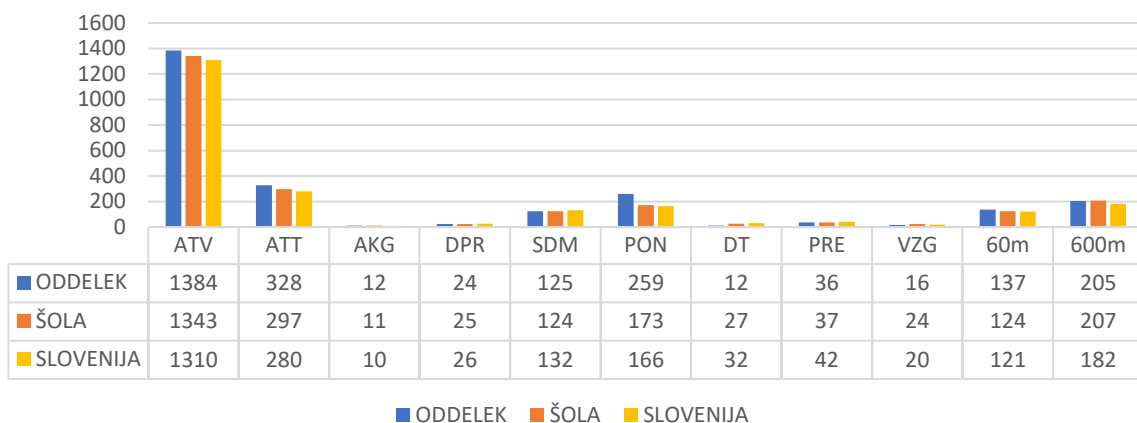
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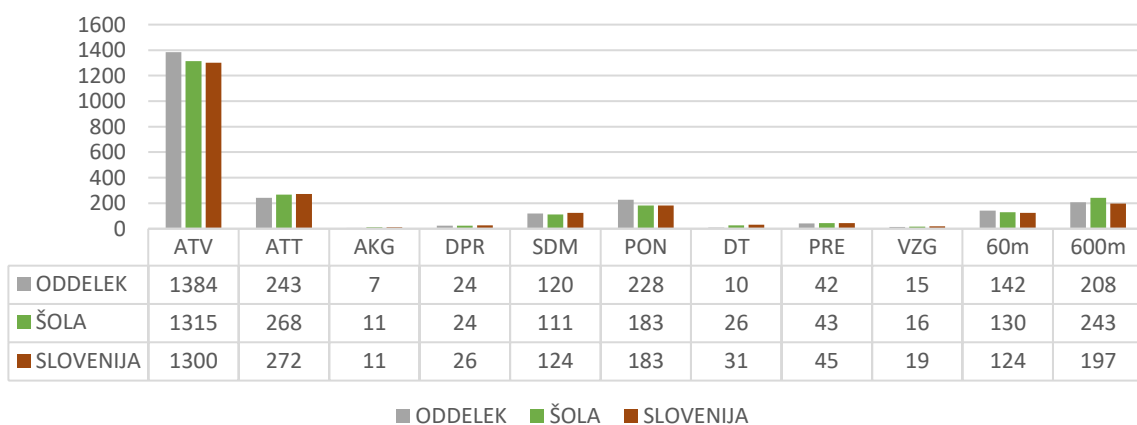
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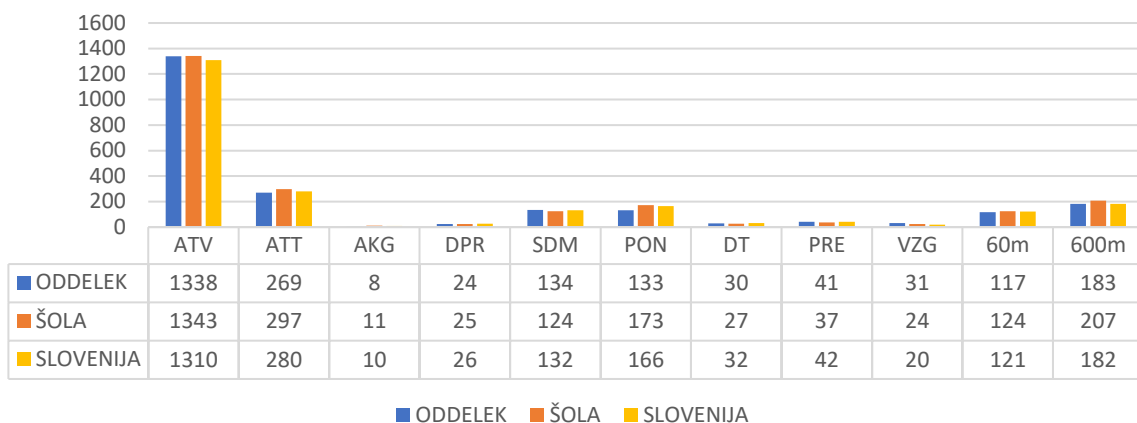
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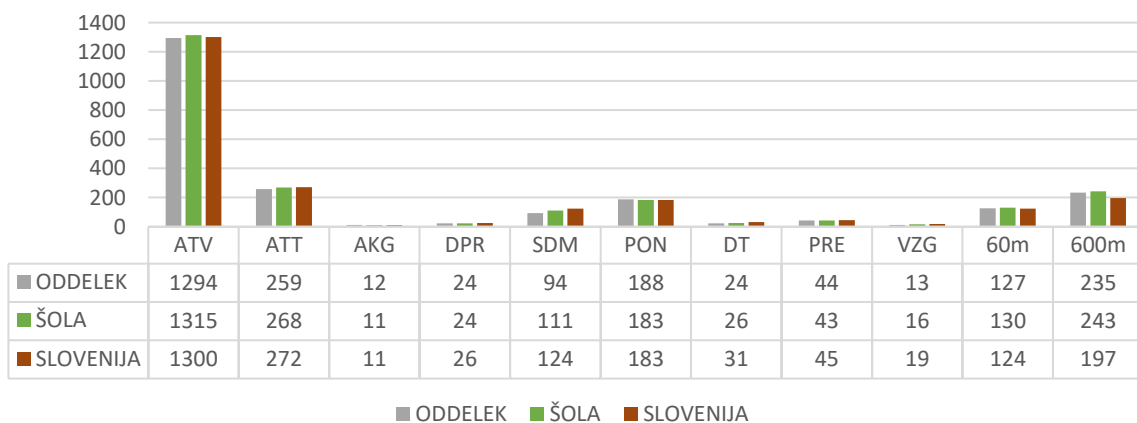
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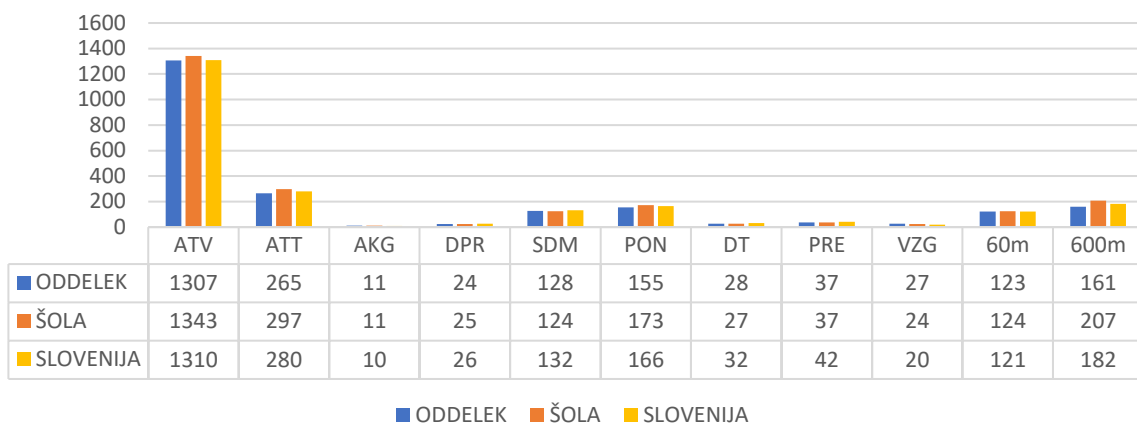
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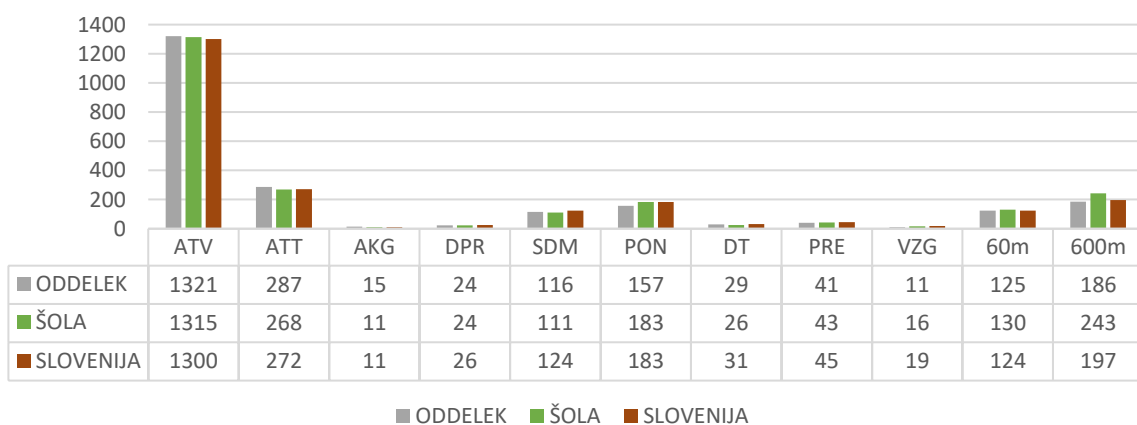
Učenke - 2.I



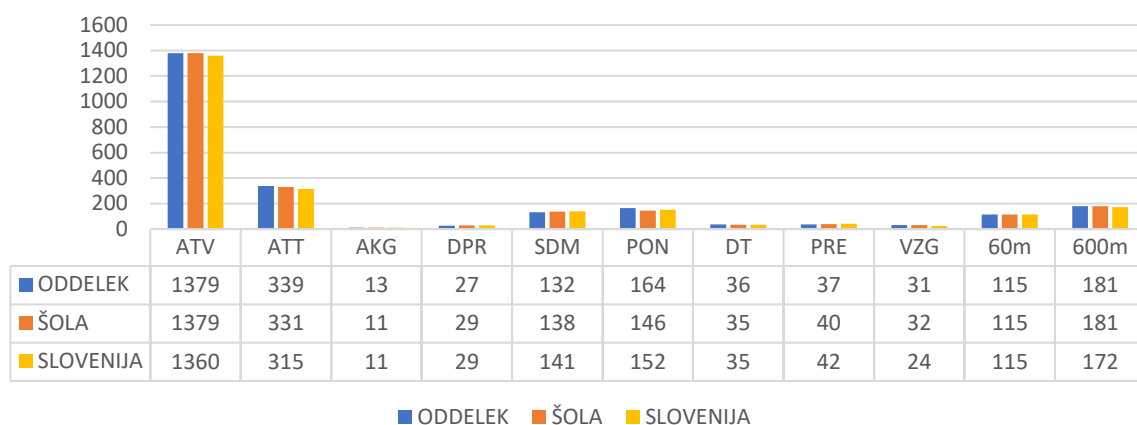
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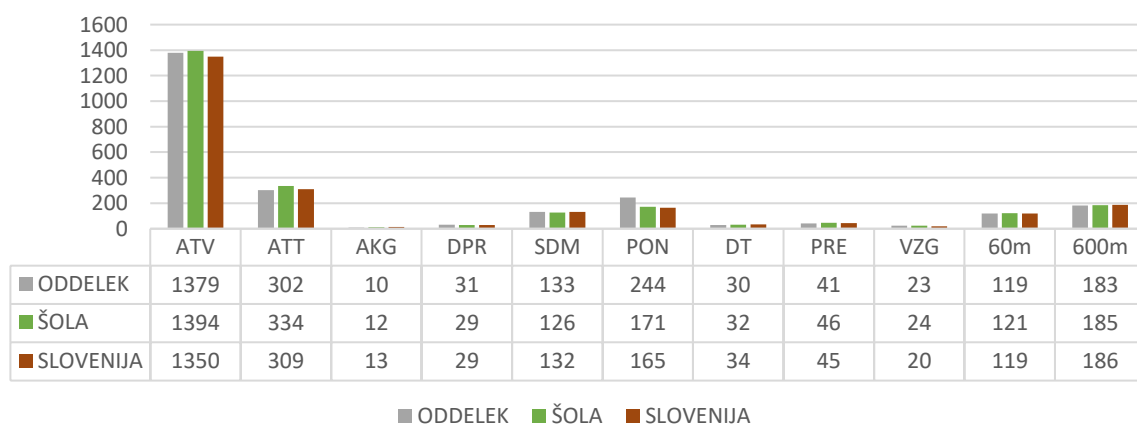
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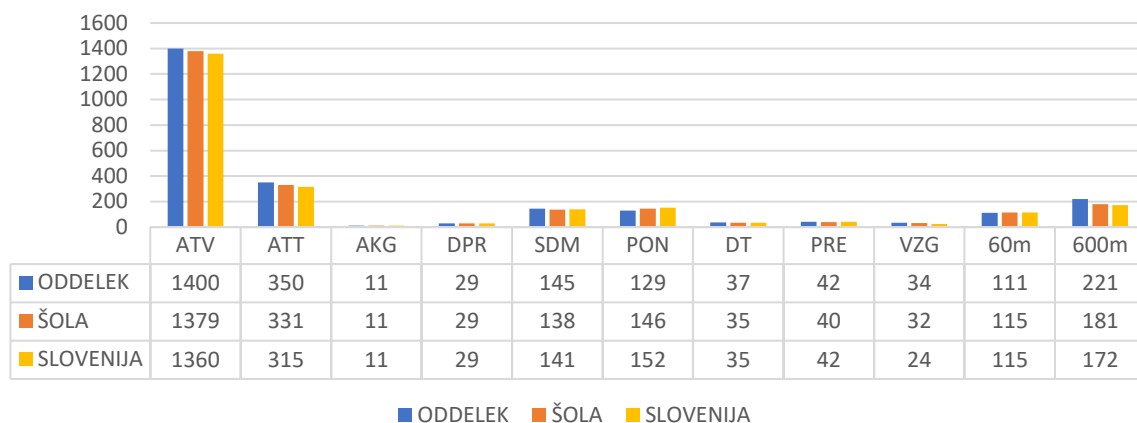
Učenci - 3.A



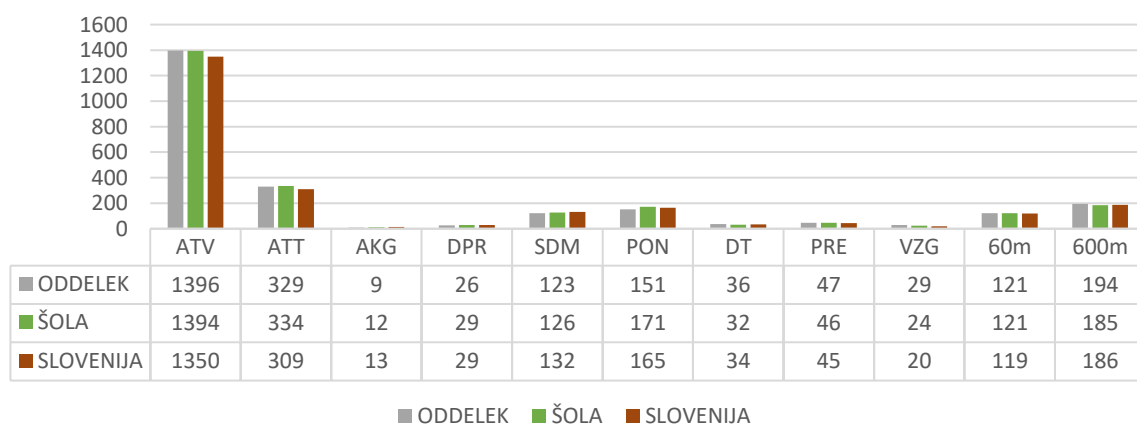
Učenke - 3.A



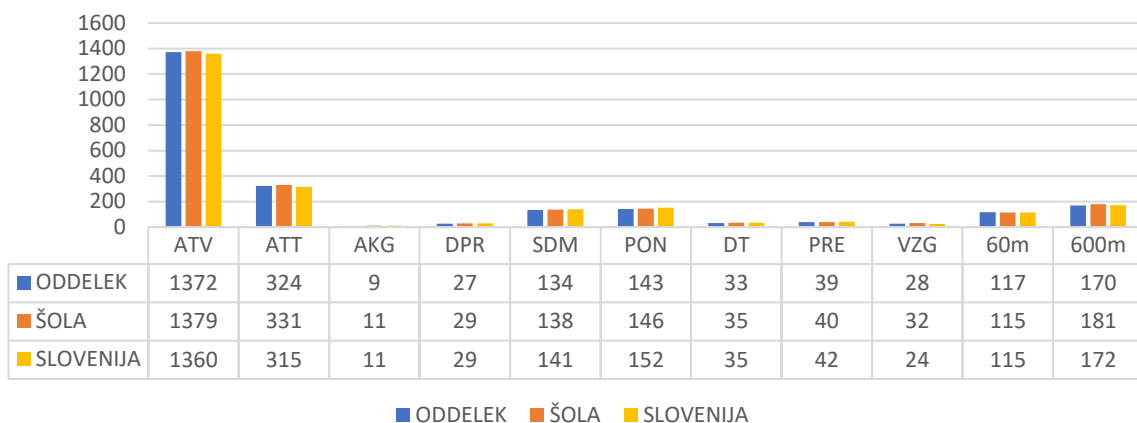
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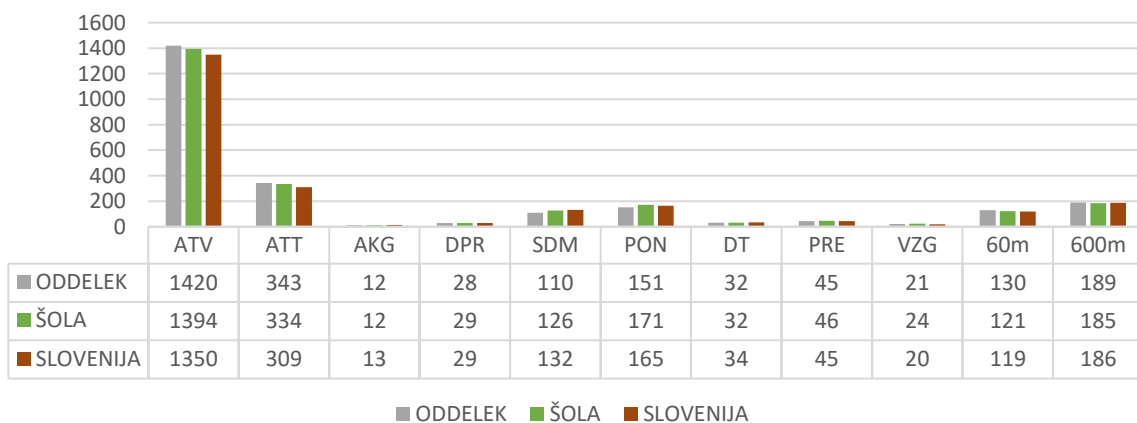
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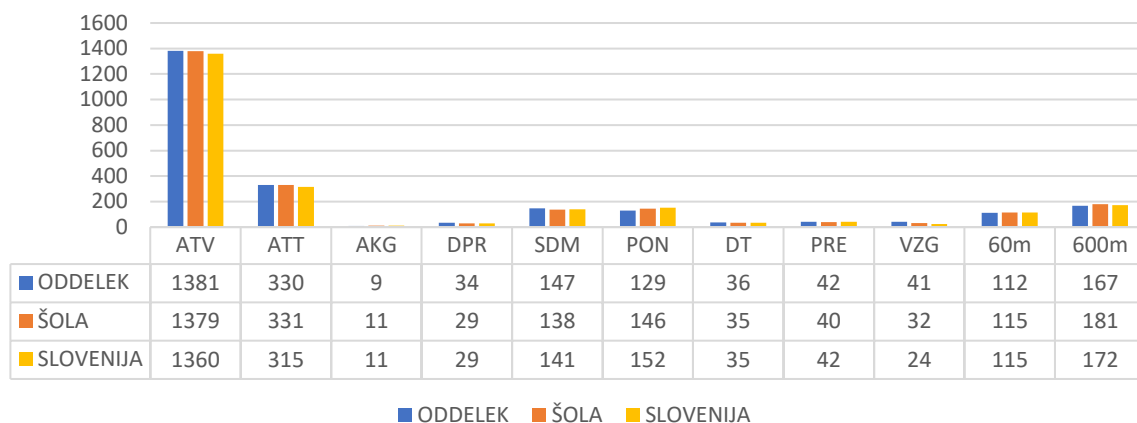
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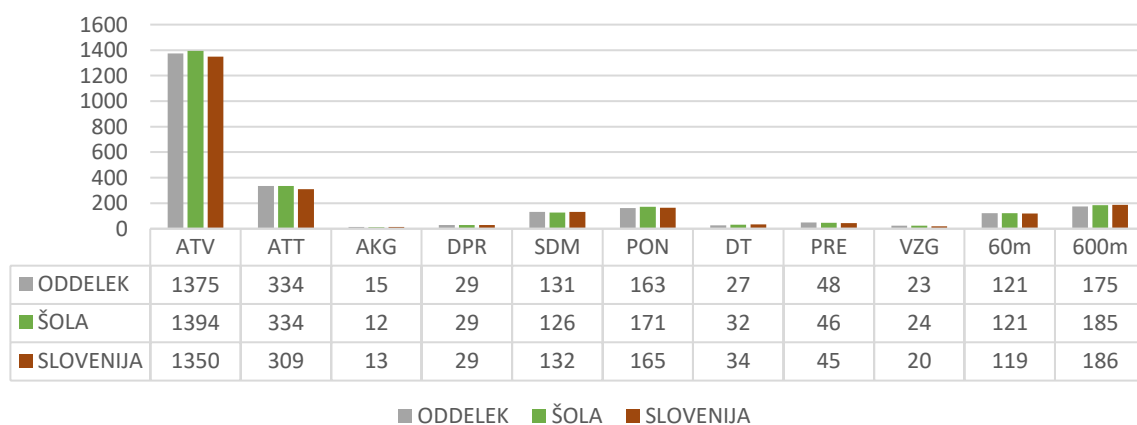
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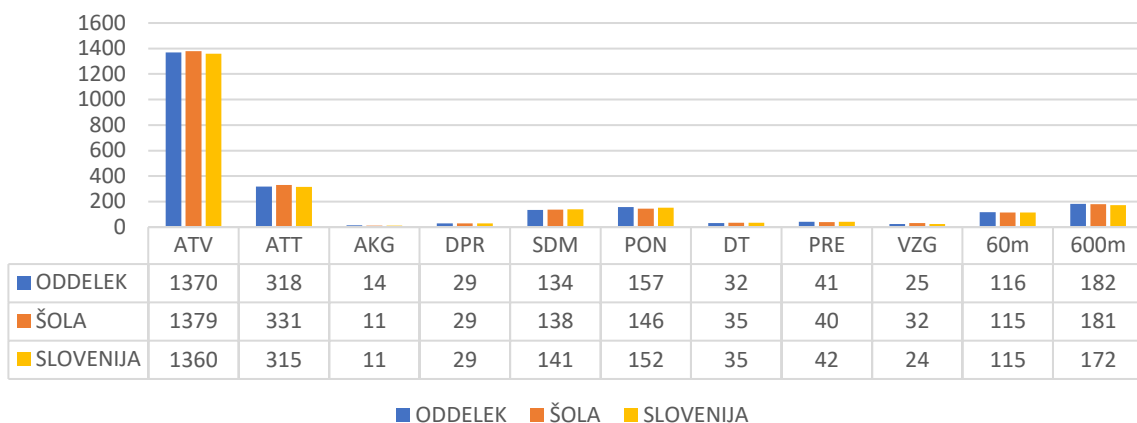
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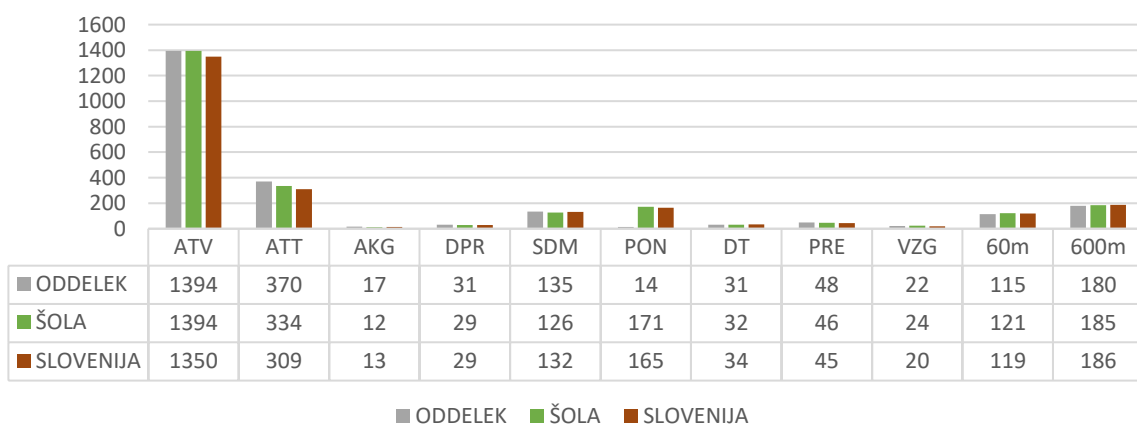
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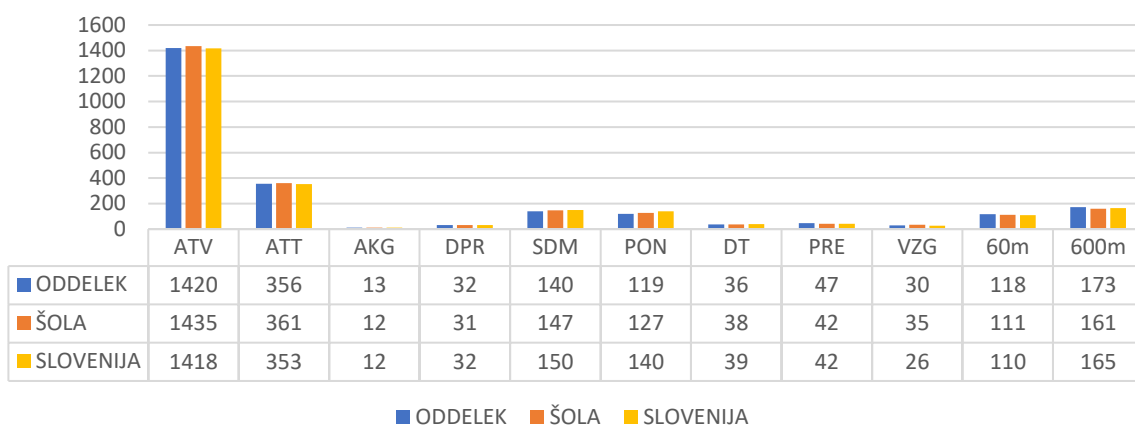
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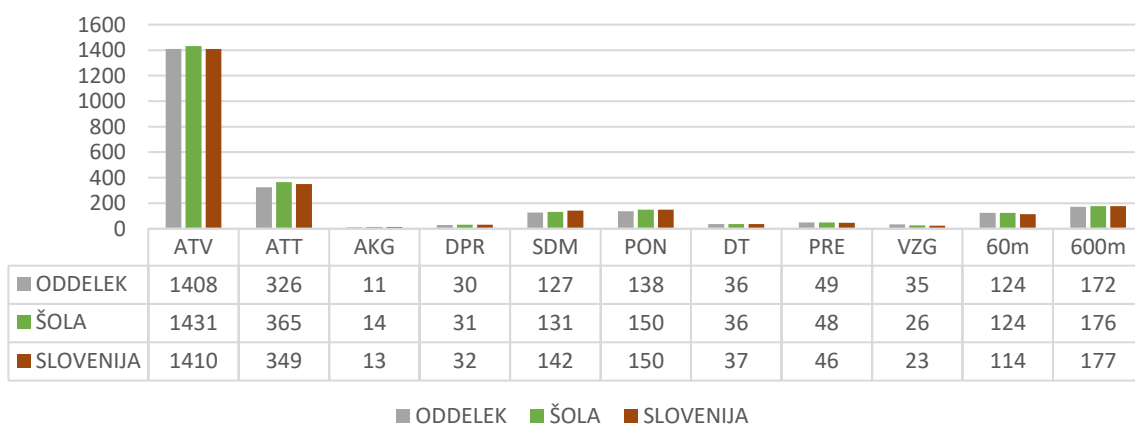
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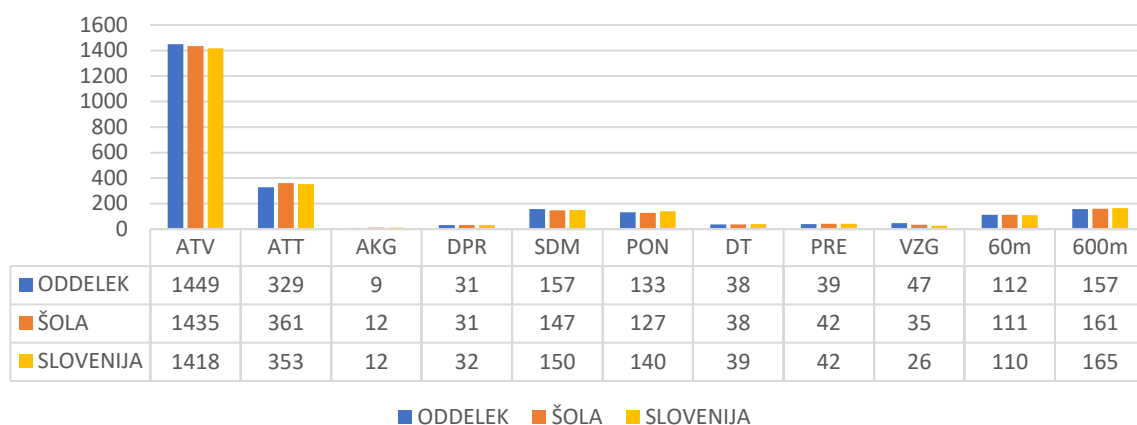
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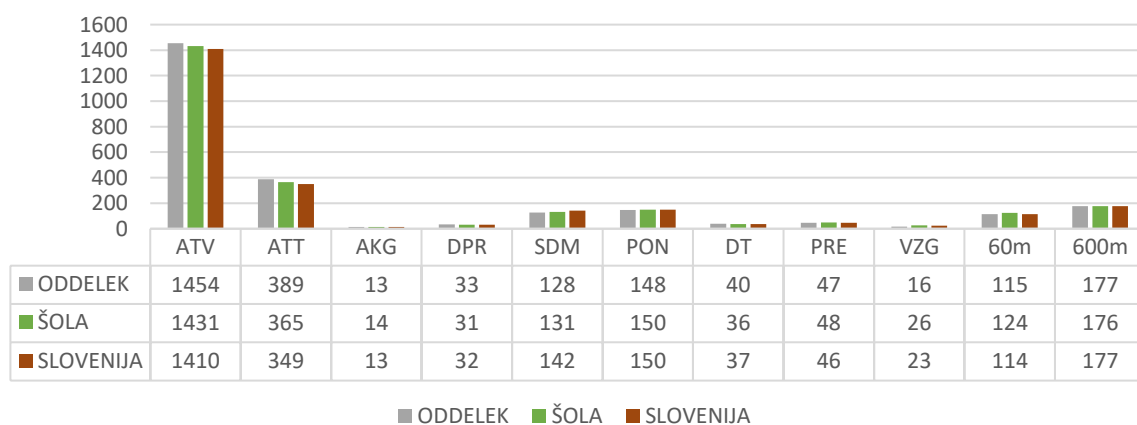
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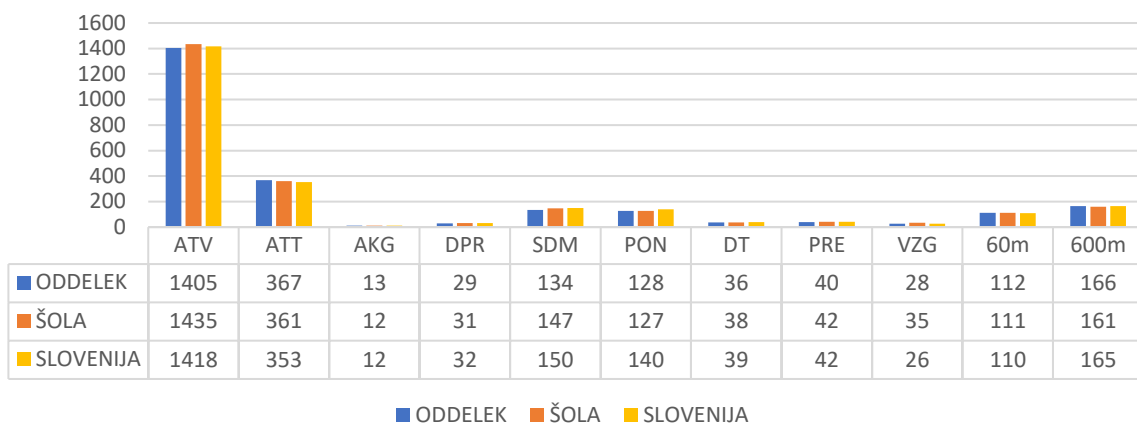
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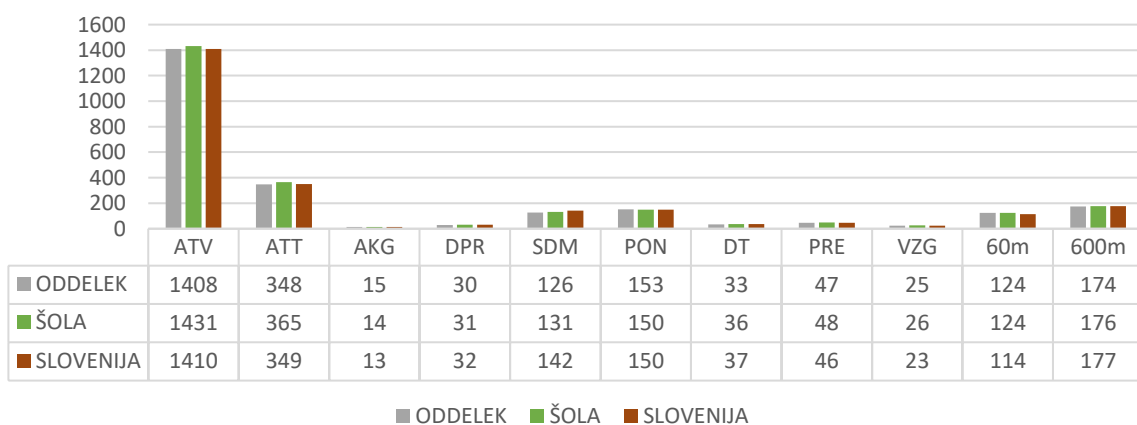
Učenke - 4.B



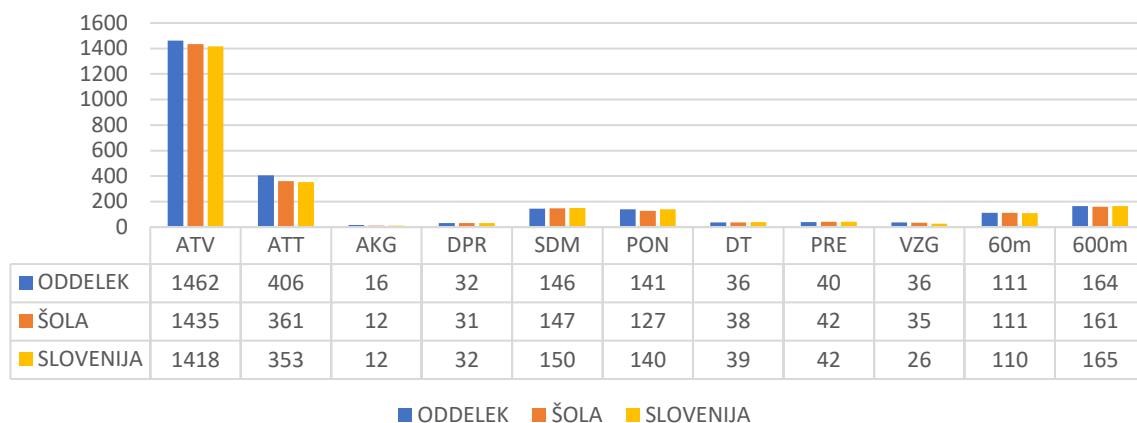
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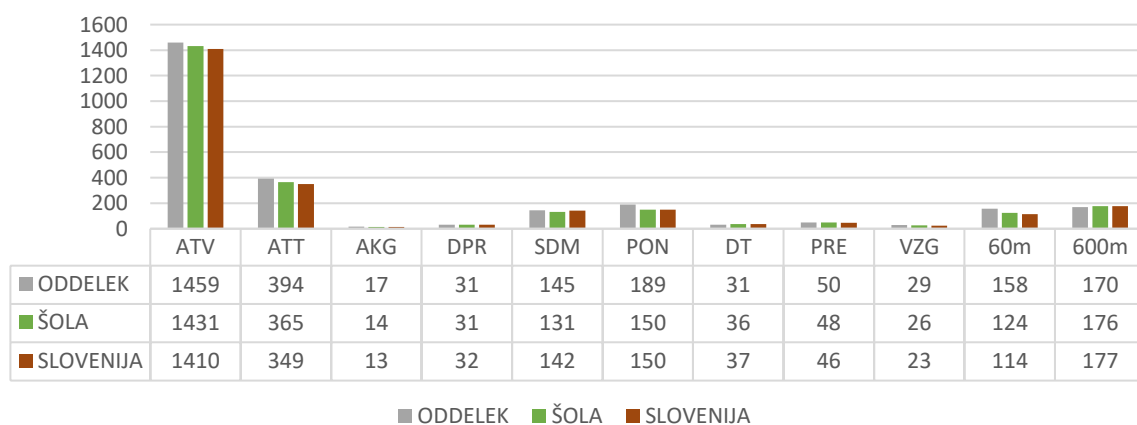
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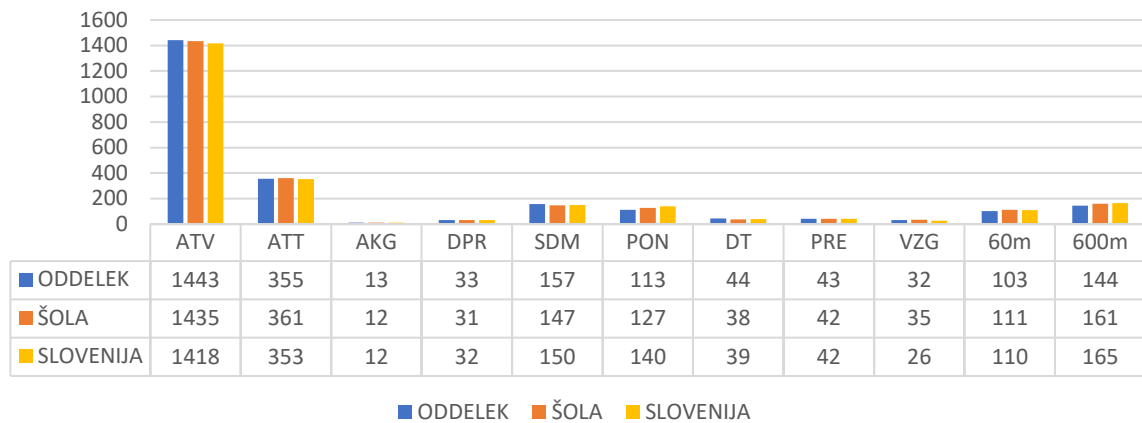
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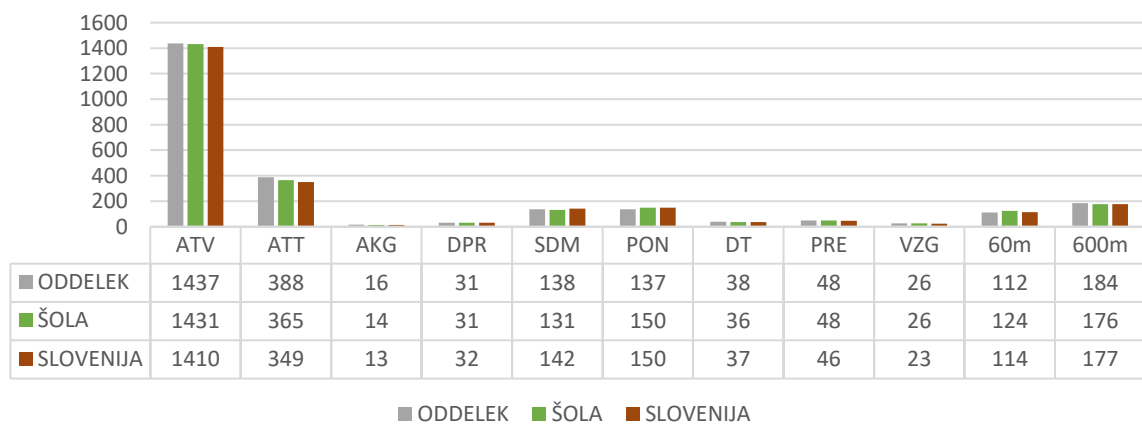
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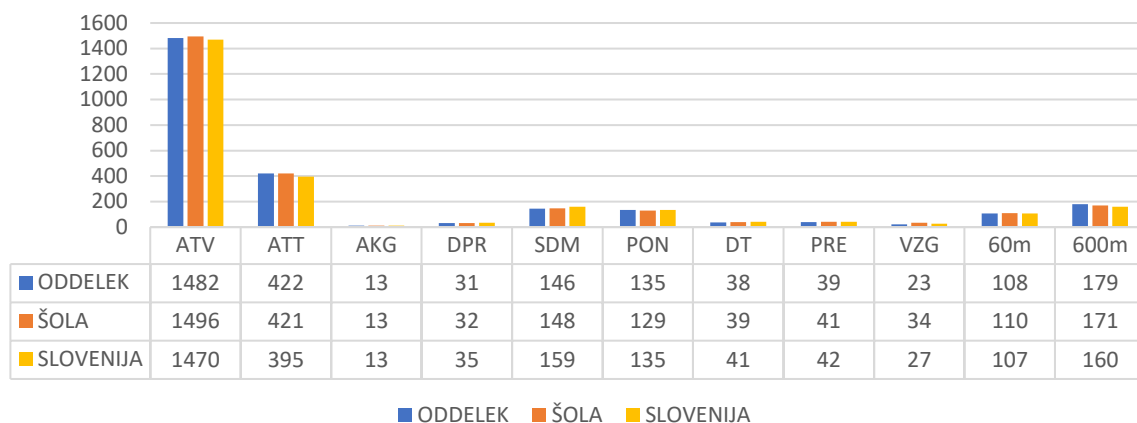
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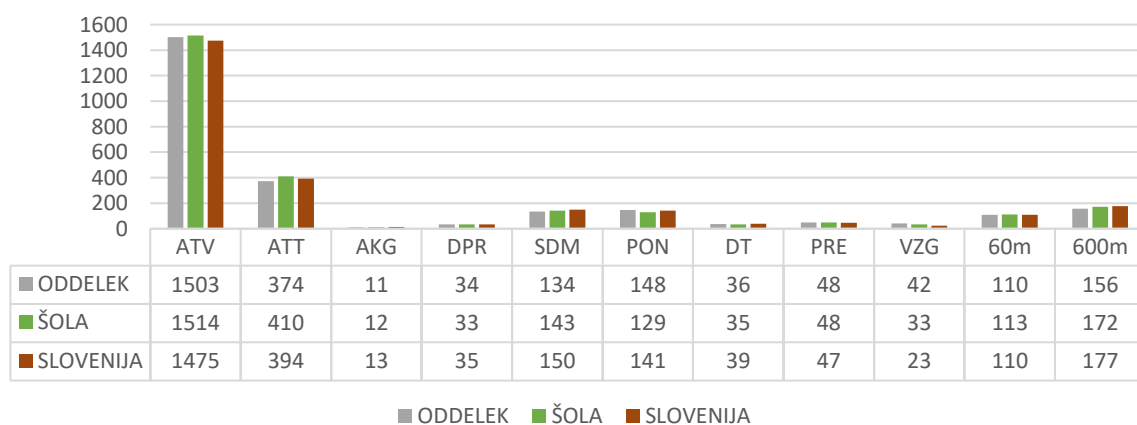
Učenke - 4.J



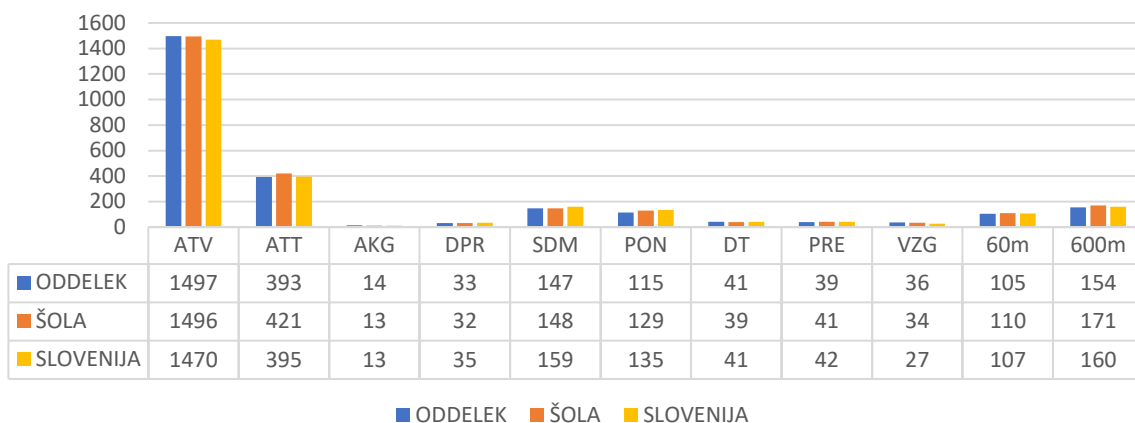
Učenci - 5.A



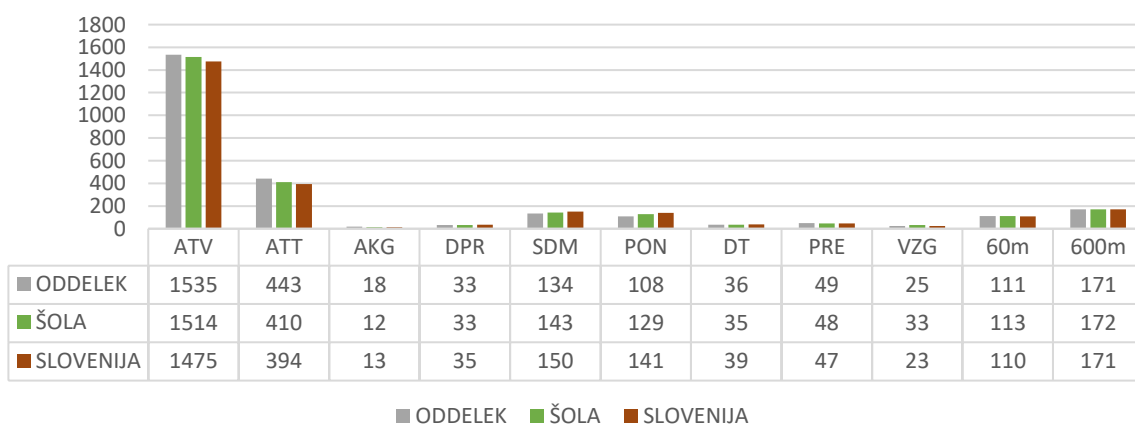
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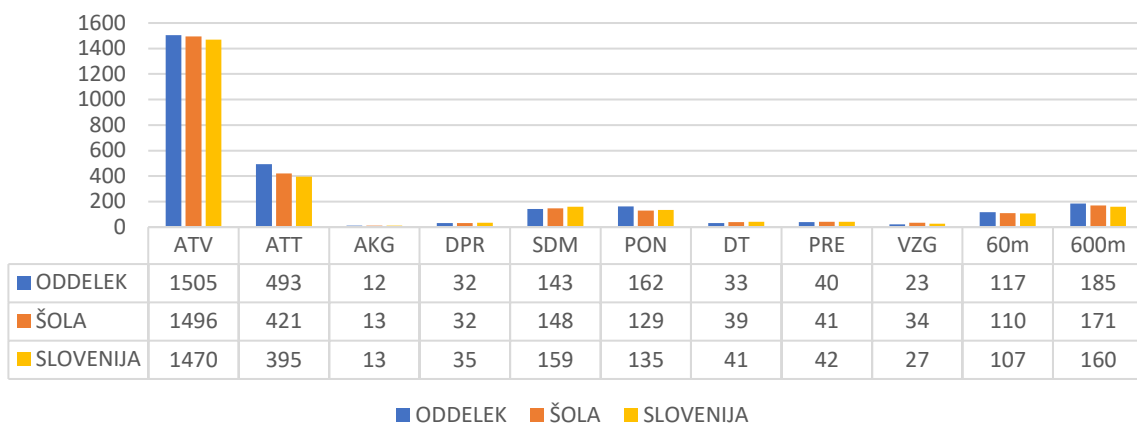
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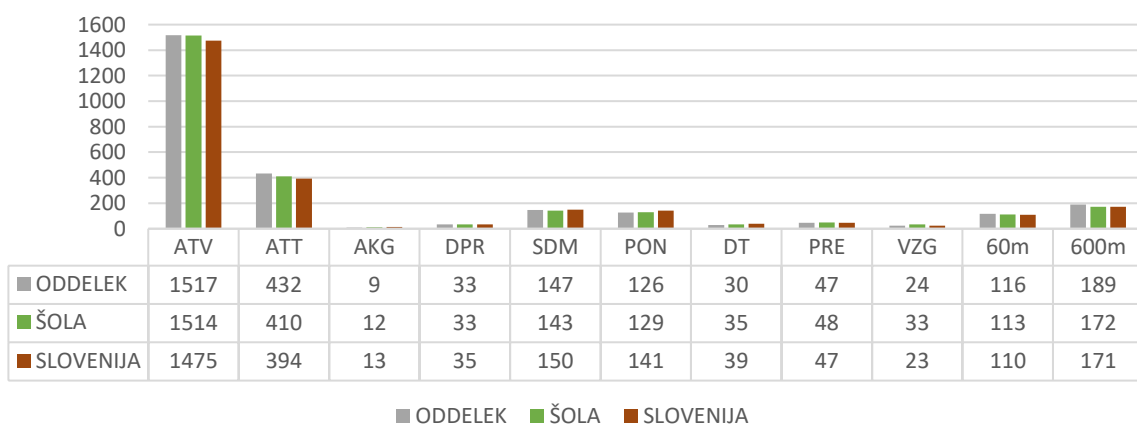
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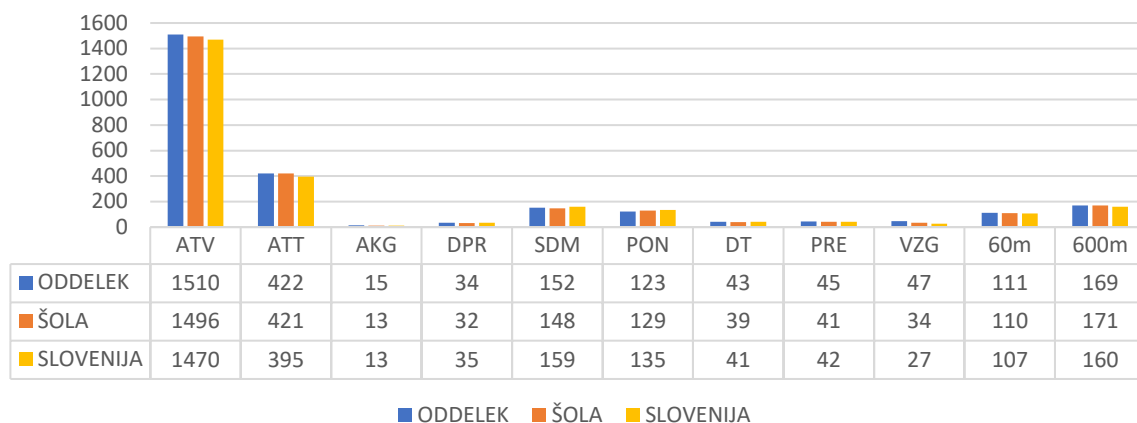
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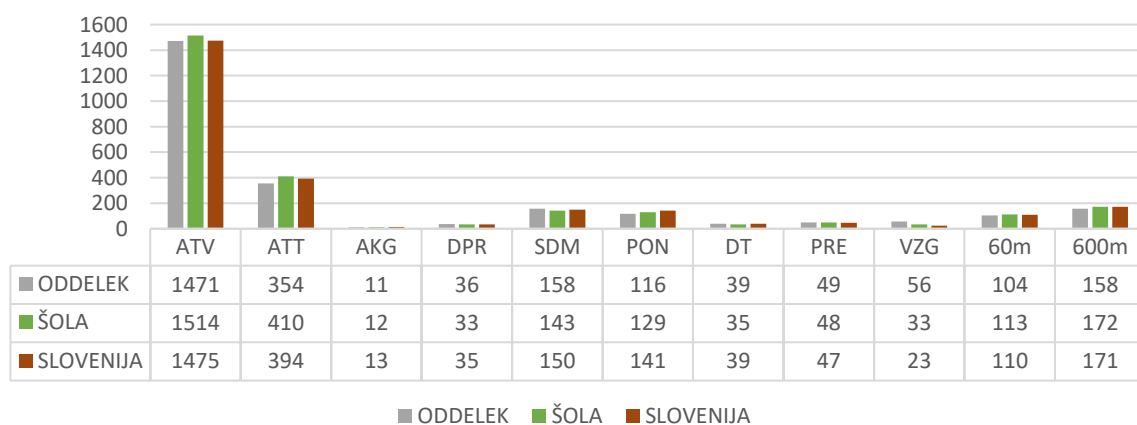
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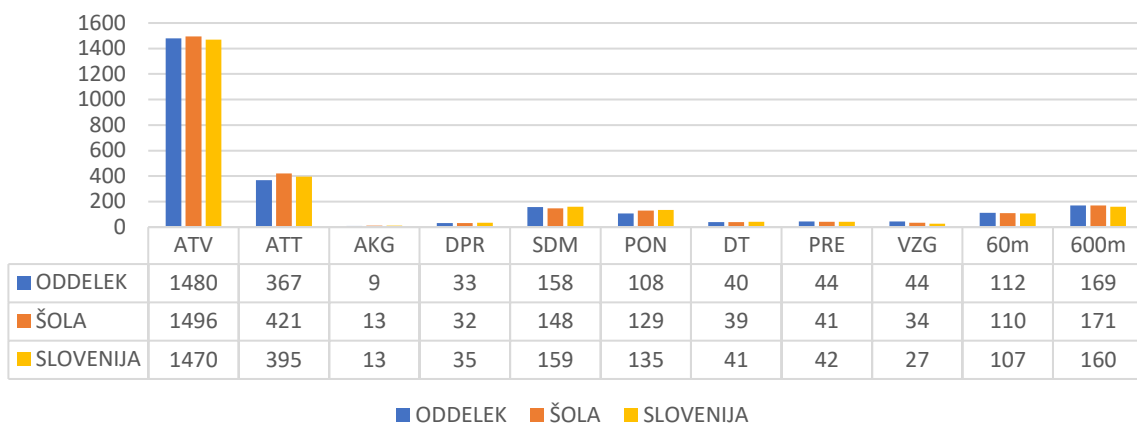
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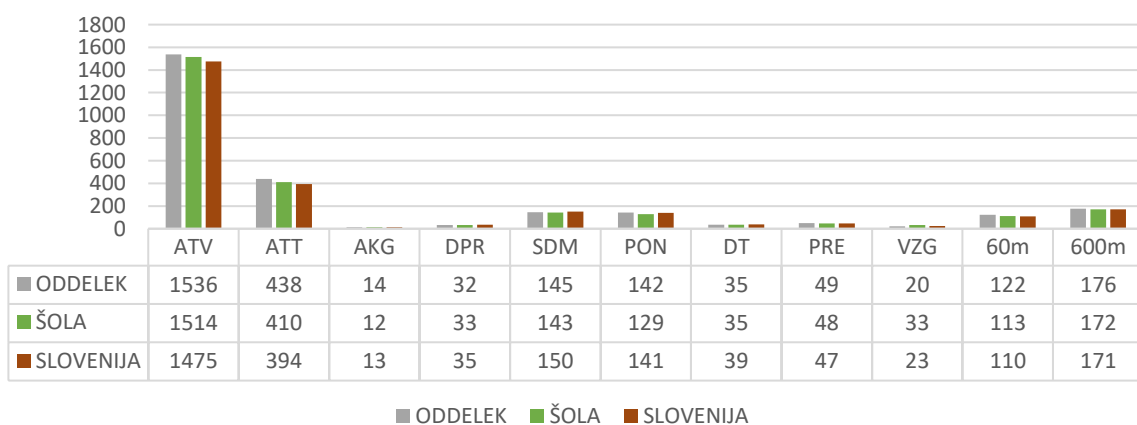
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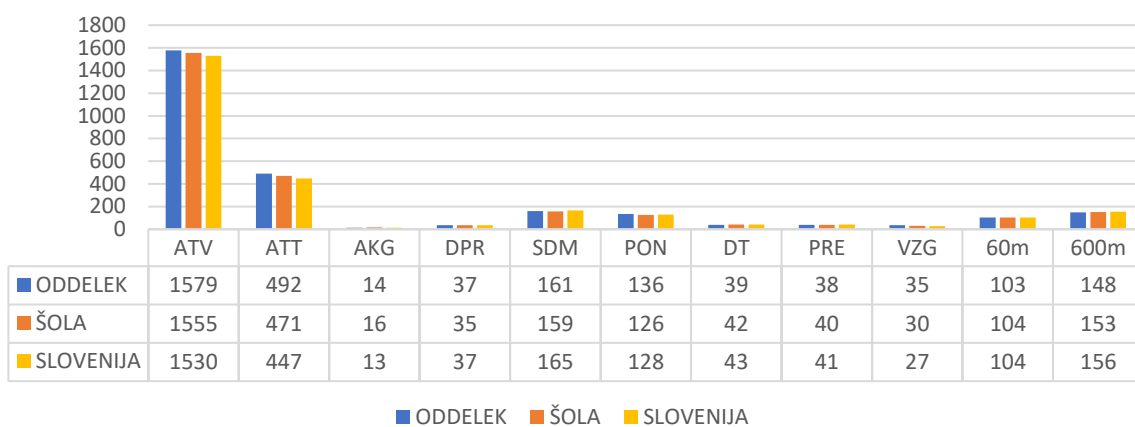
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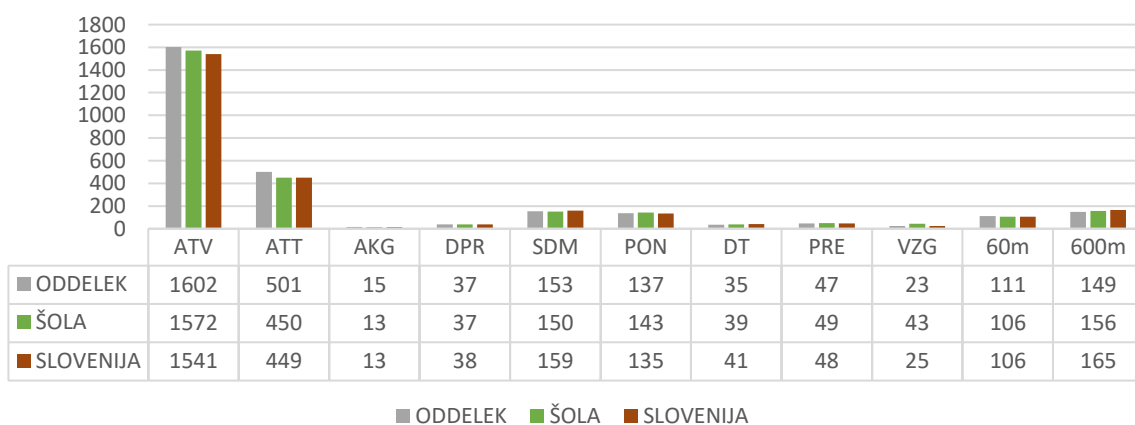
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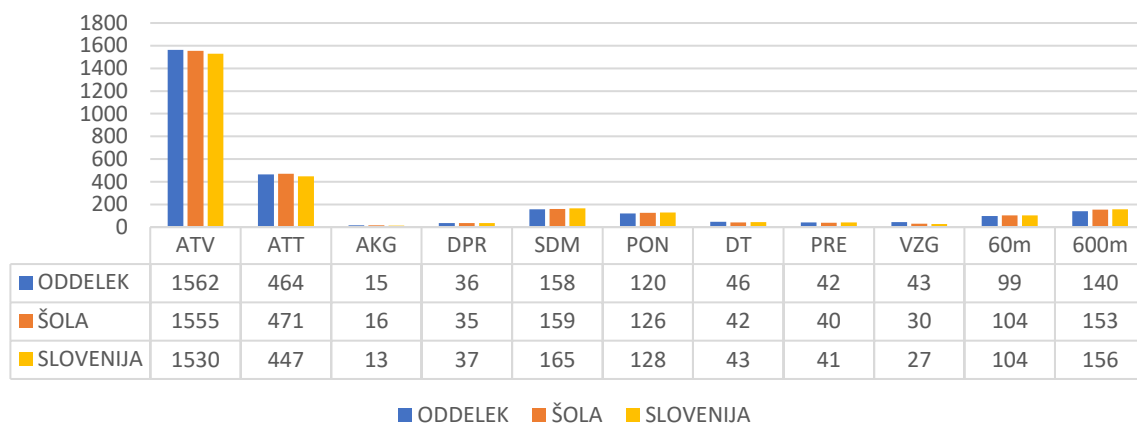
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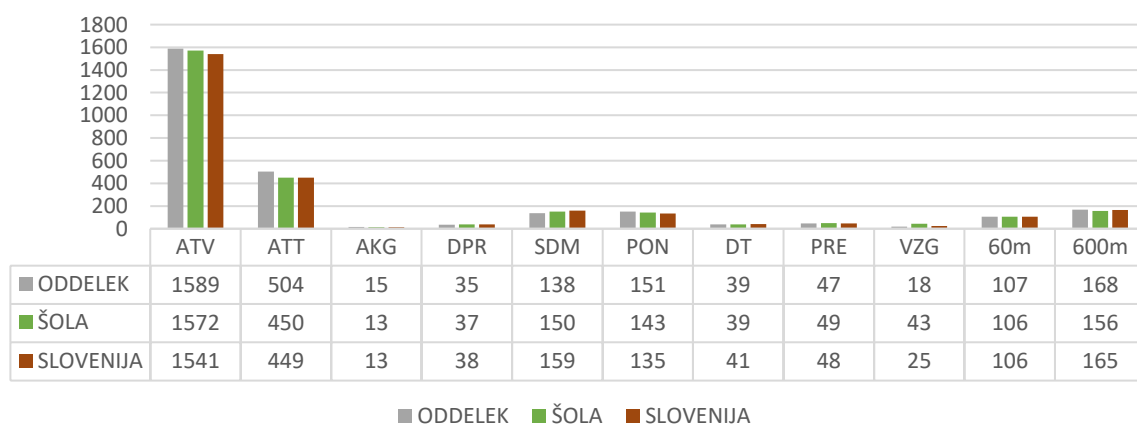
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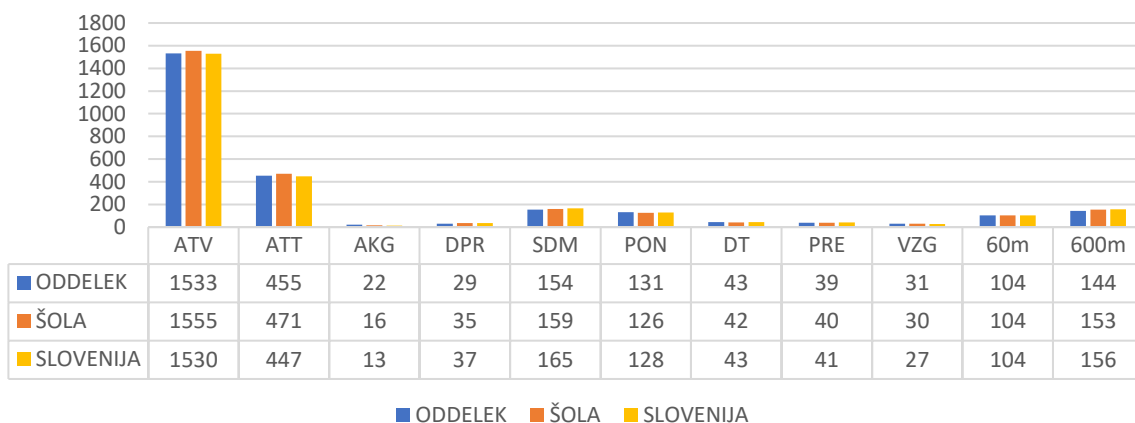
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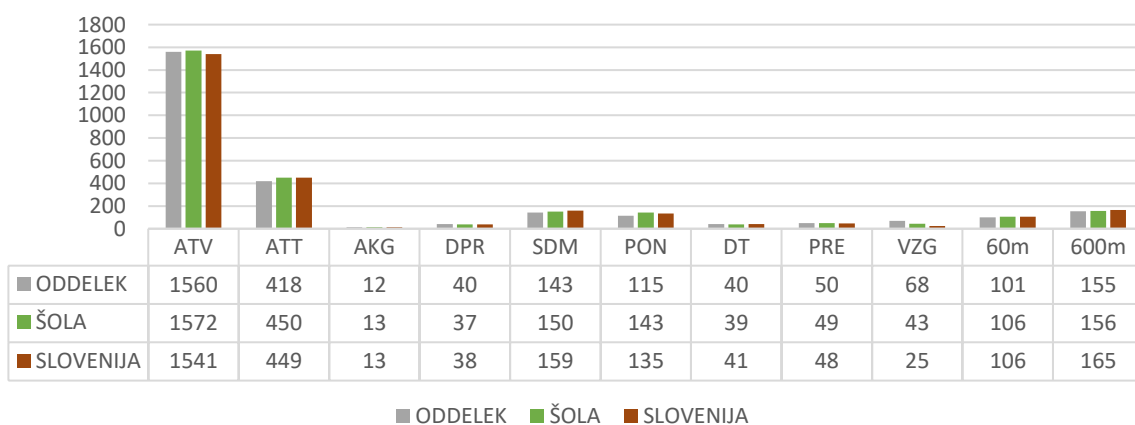
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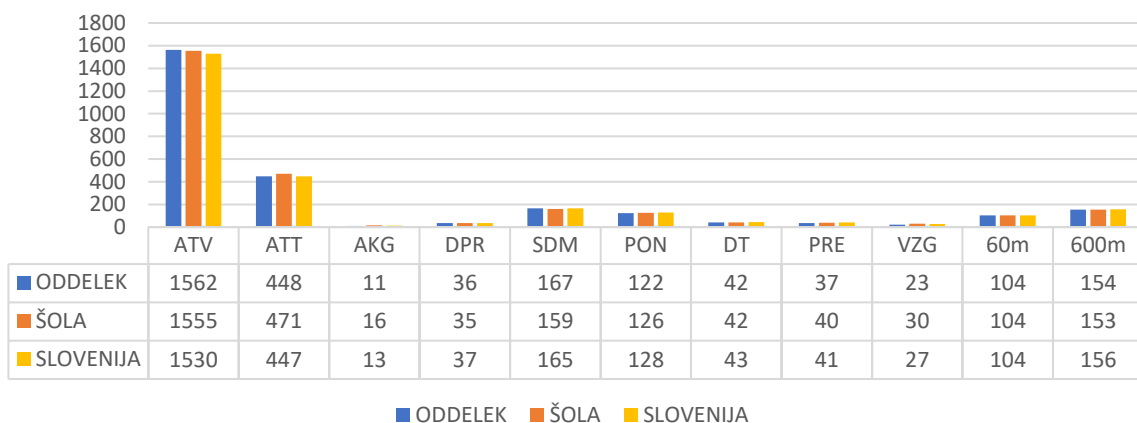
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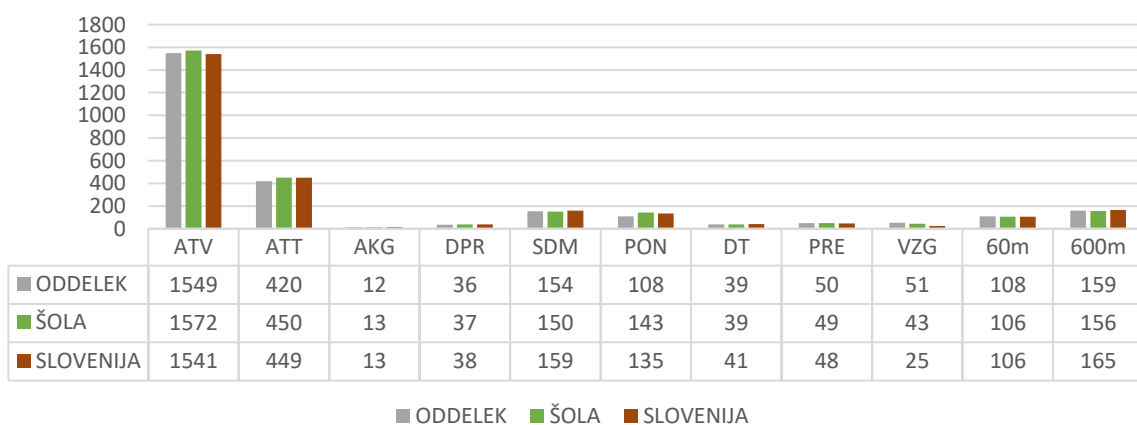
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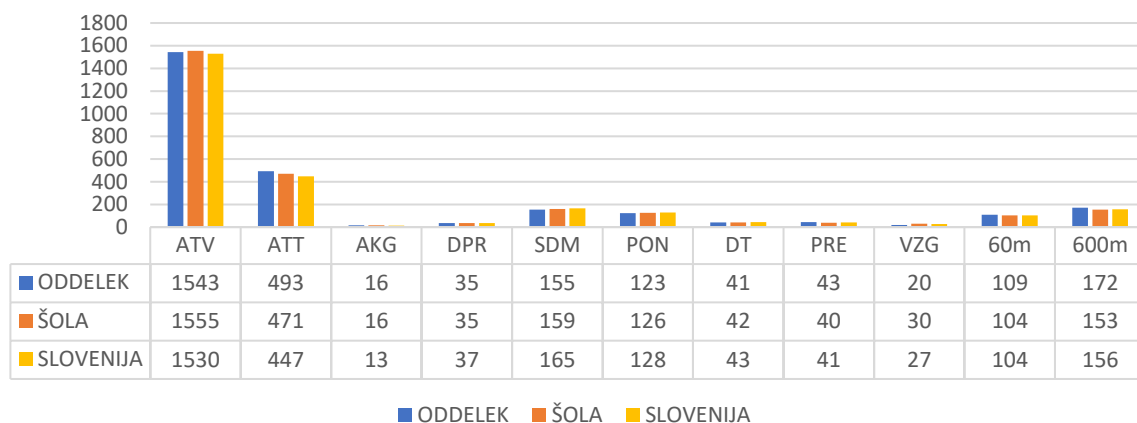
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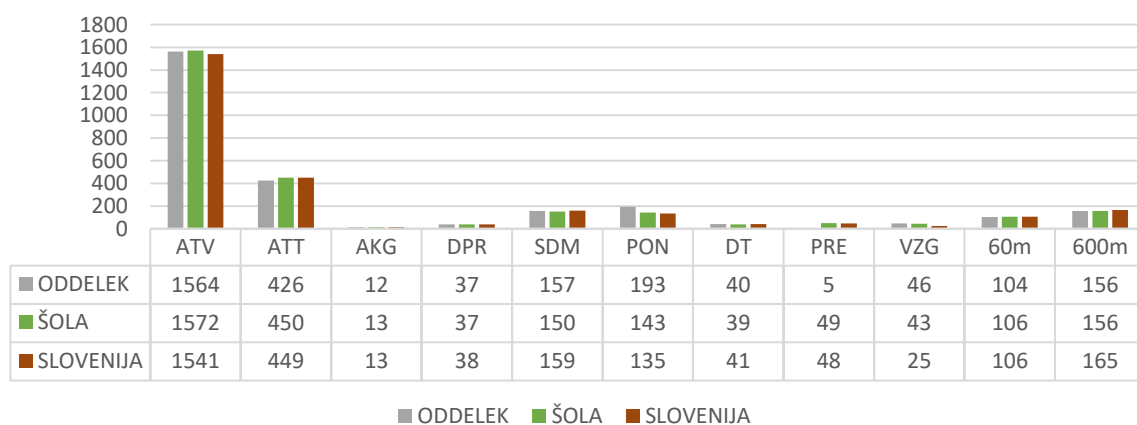
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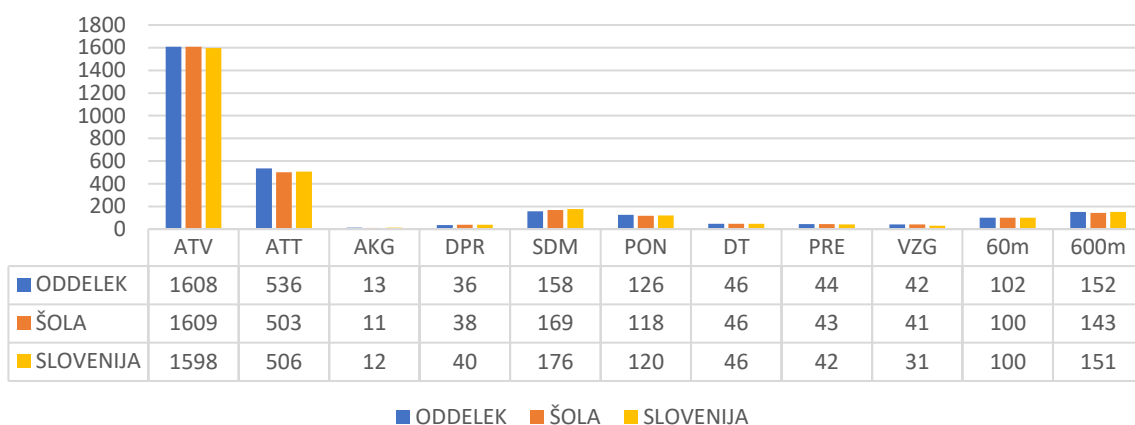
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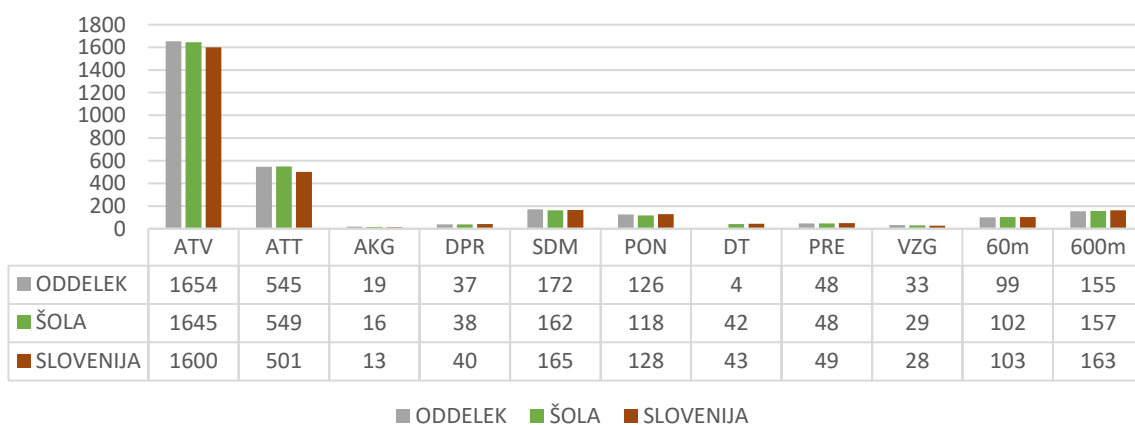
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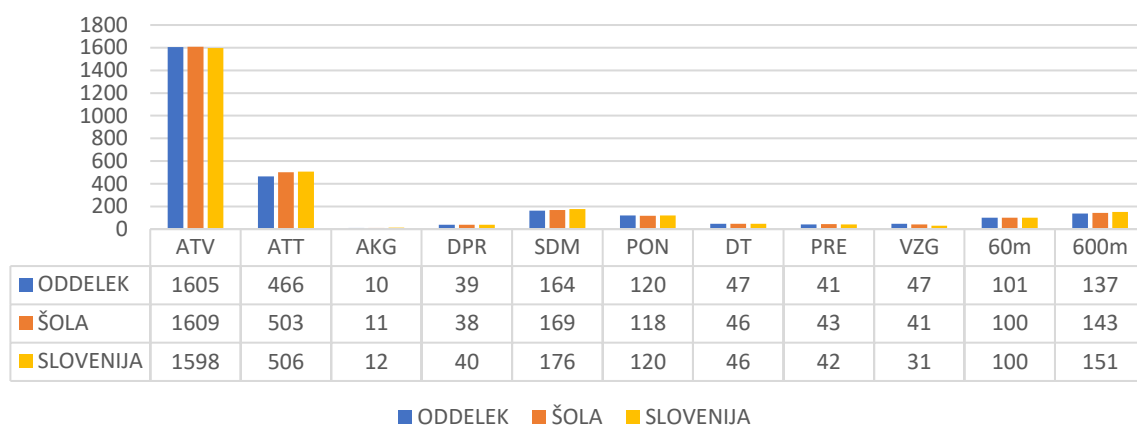
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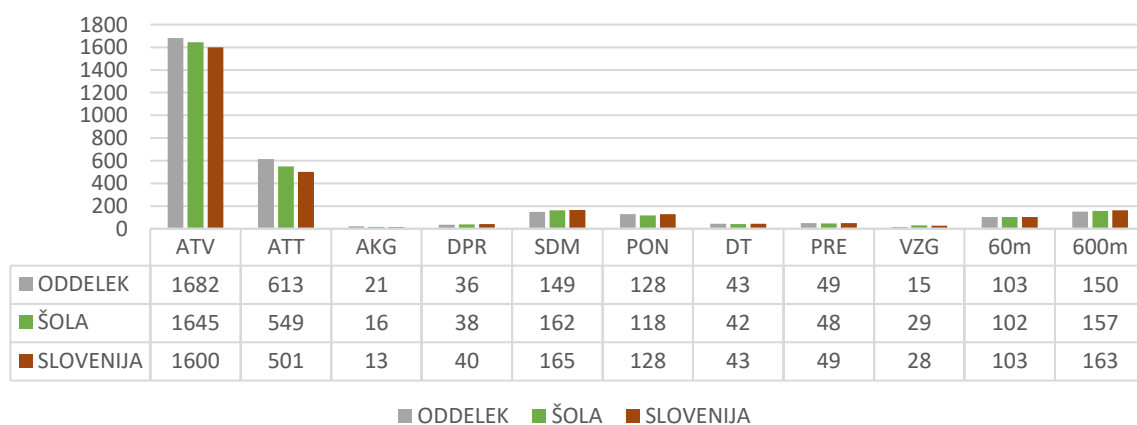
Učenke - 7.A



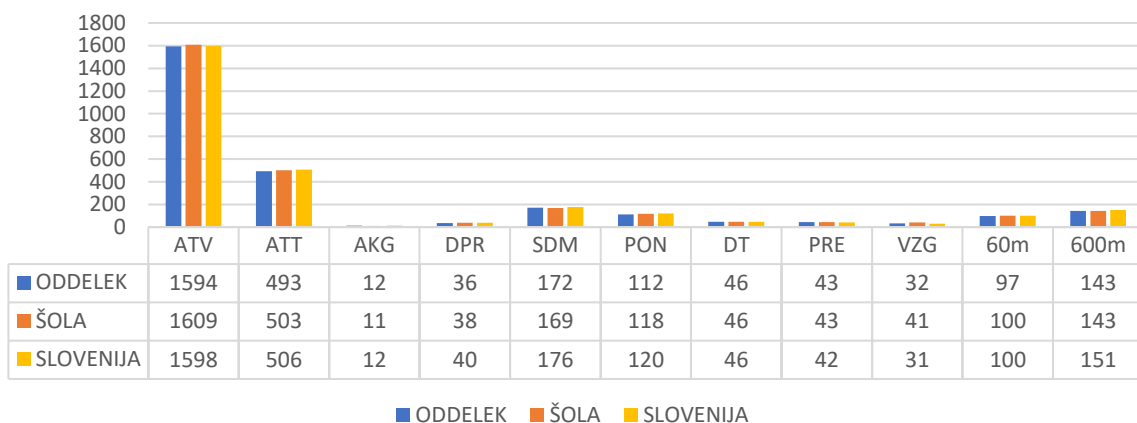
Učenci - 7.B



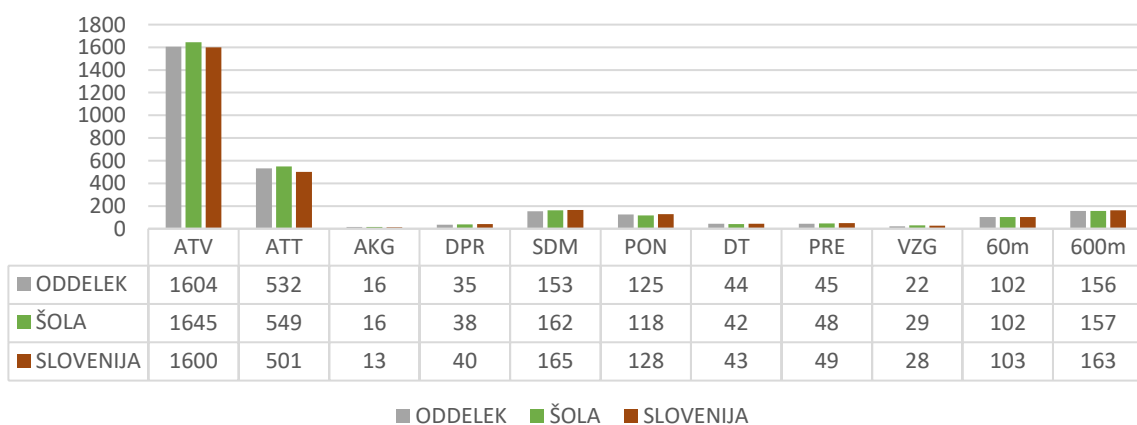
Učenke - 7.B



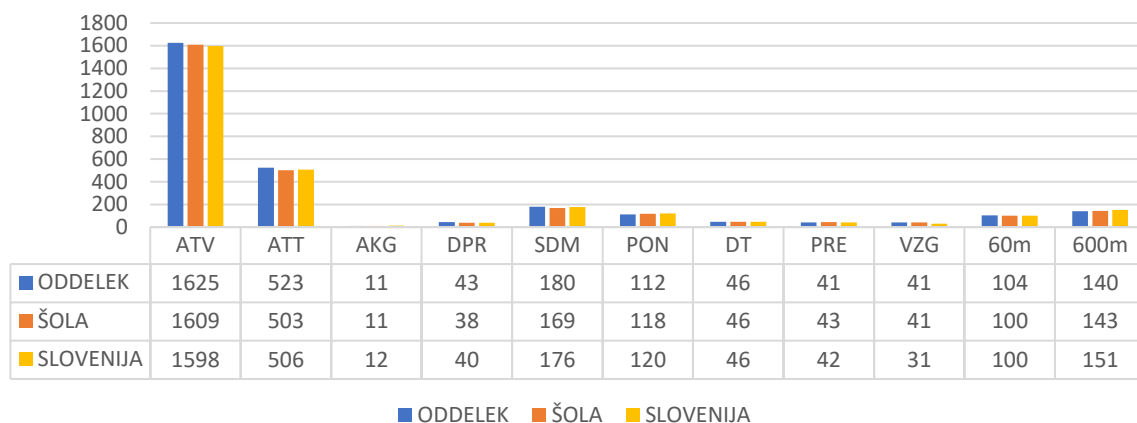
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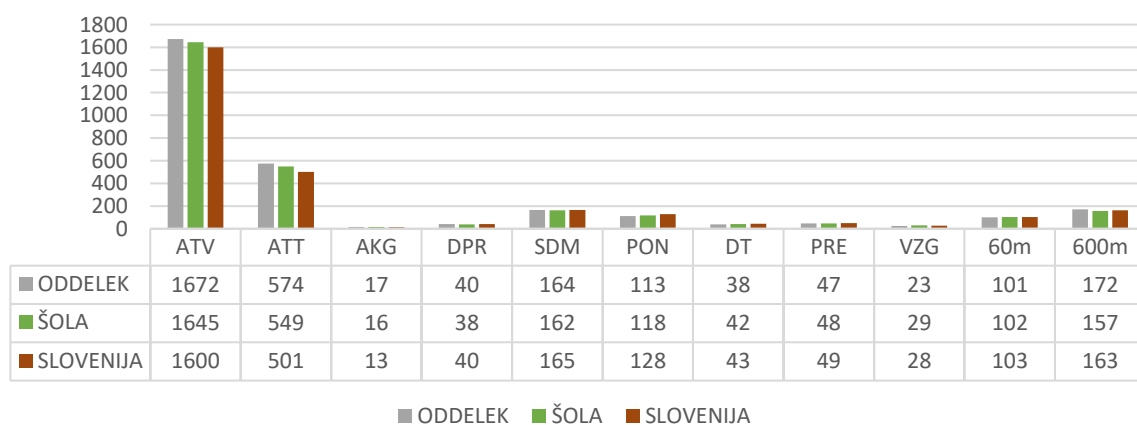
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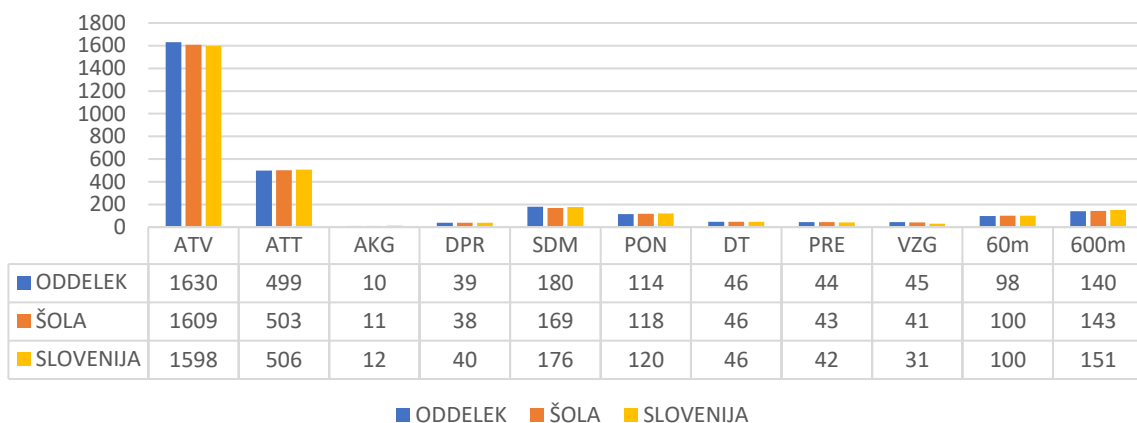
Učenci - 7.1



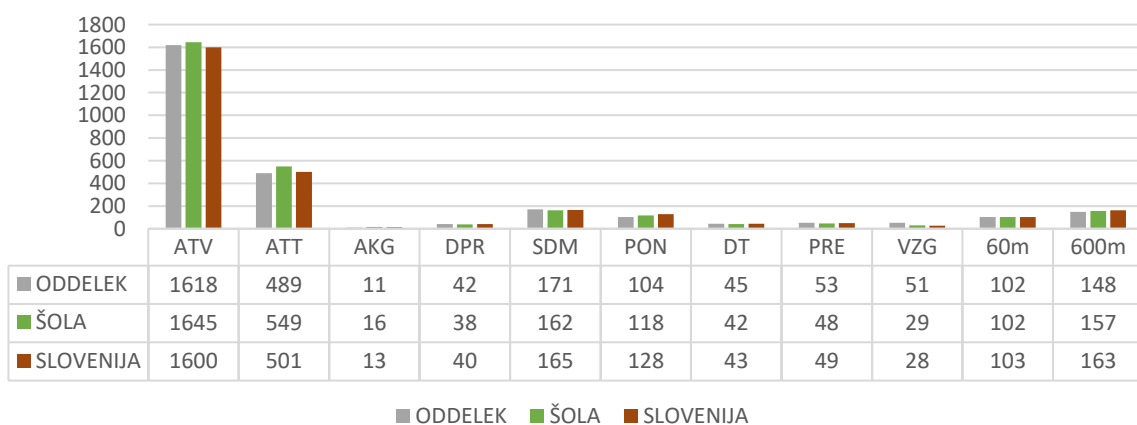
Učenke - 7.1



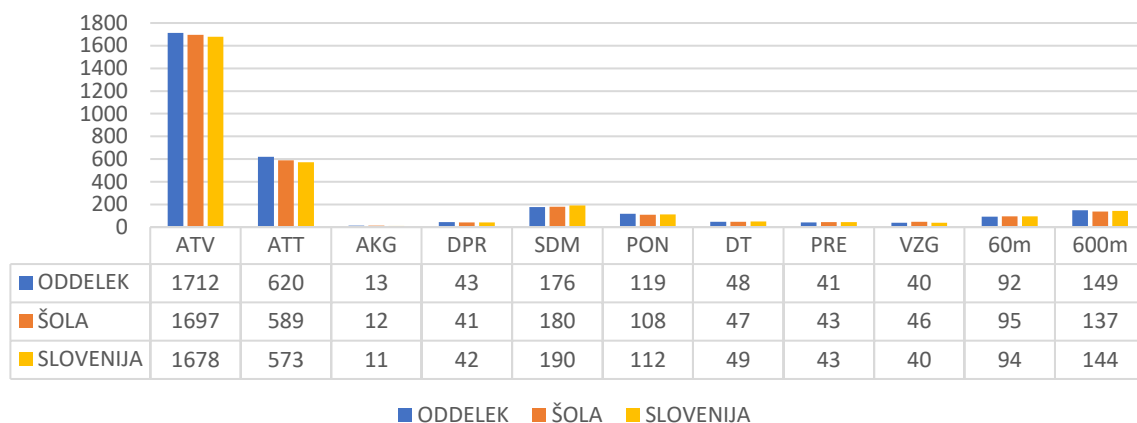
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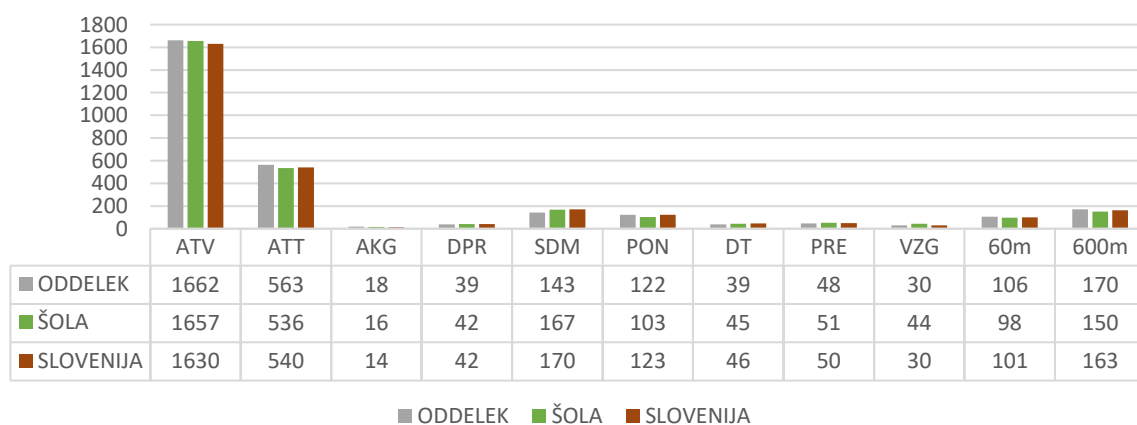
Učenke - 7.J



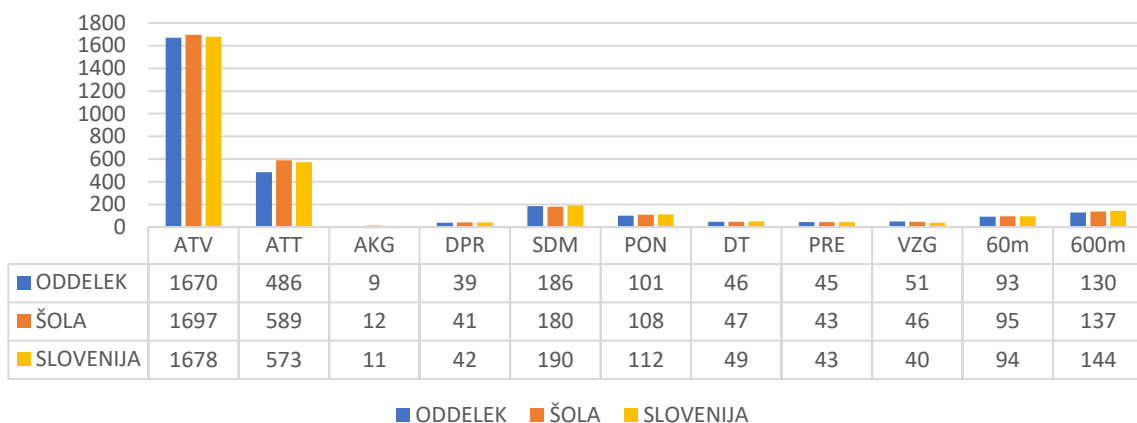
Učenci - 8.A



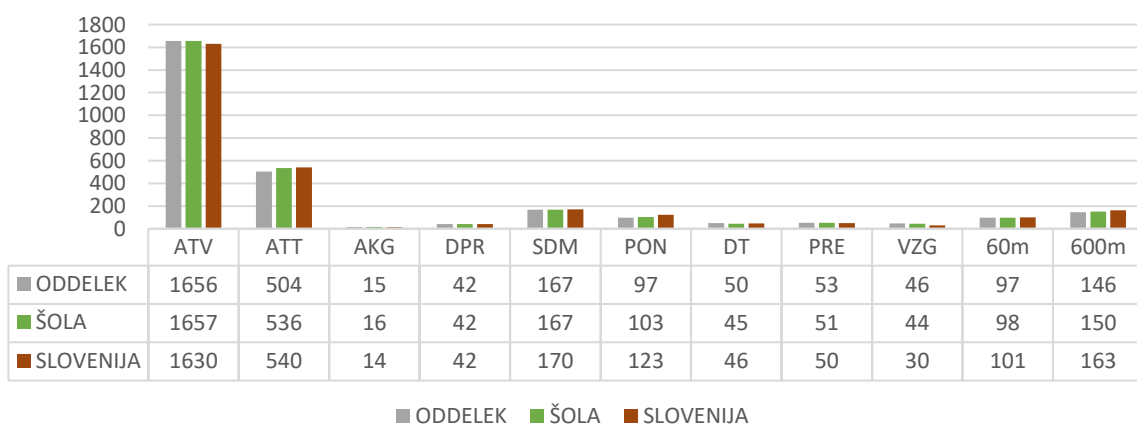
Učenke - 8.A



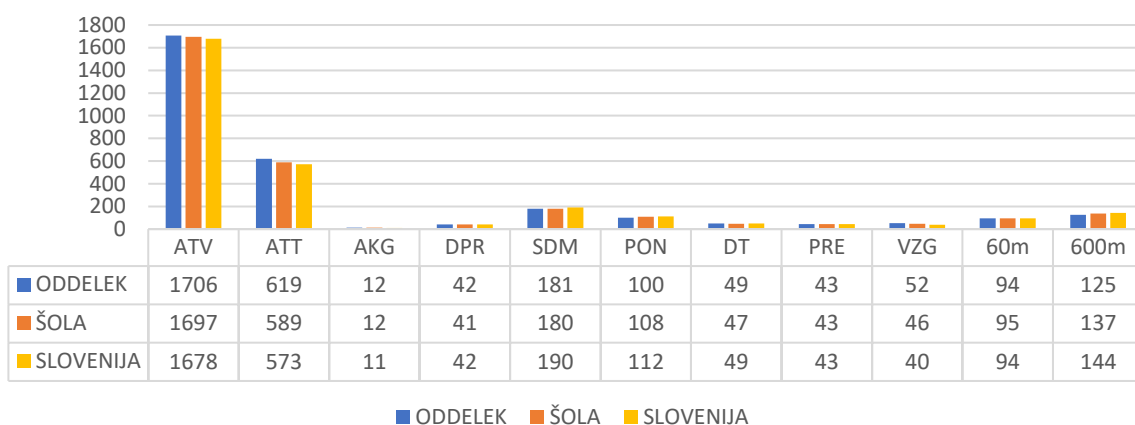
Učenci - 8.B



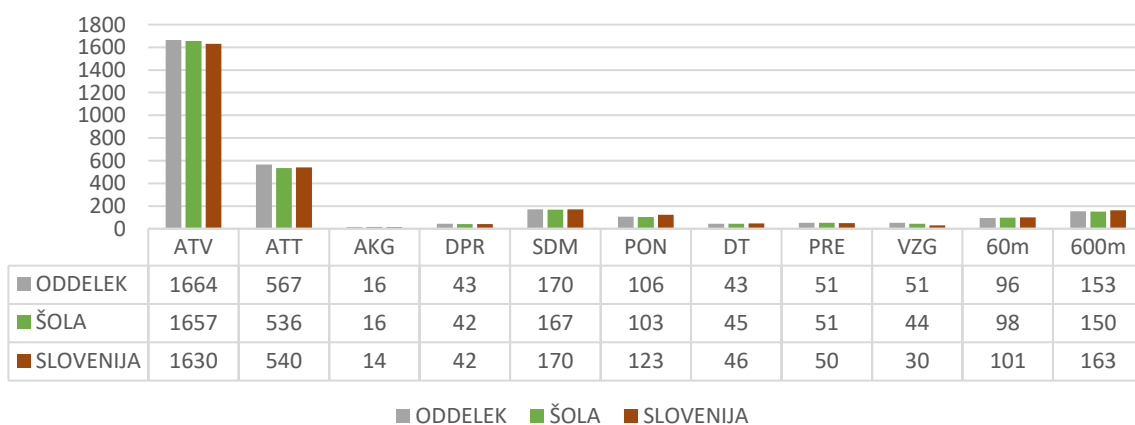
Učenke - 8.B



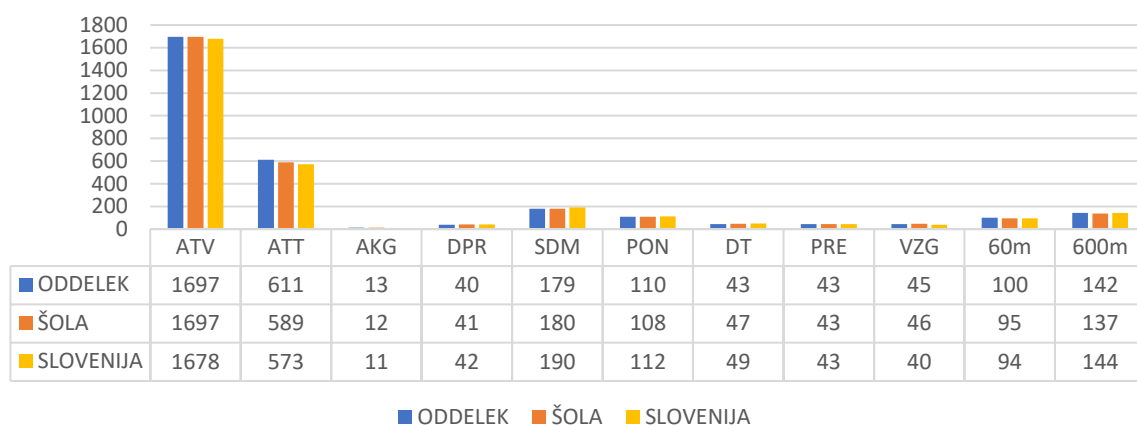
Učenci - 8.C



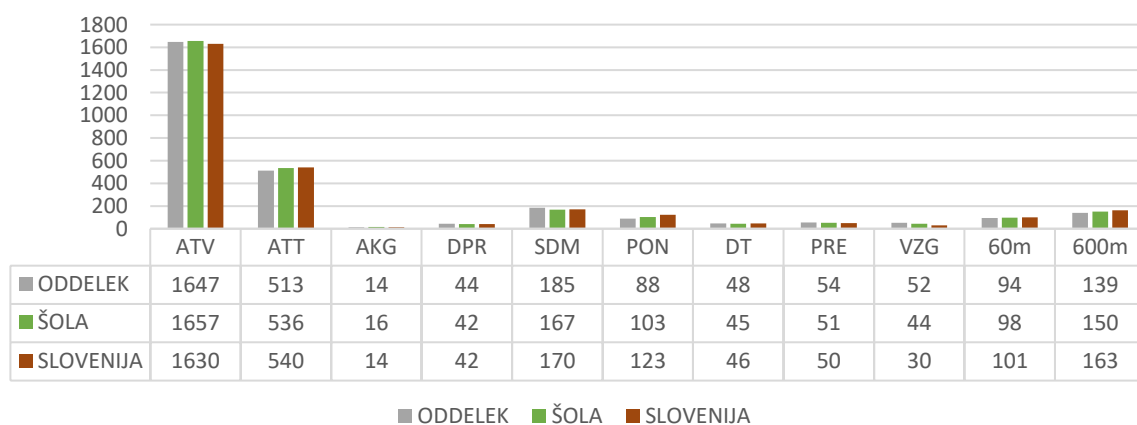
Učenke - 8.C



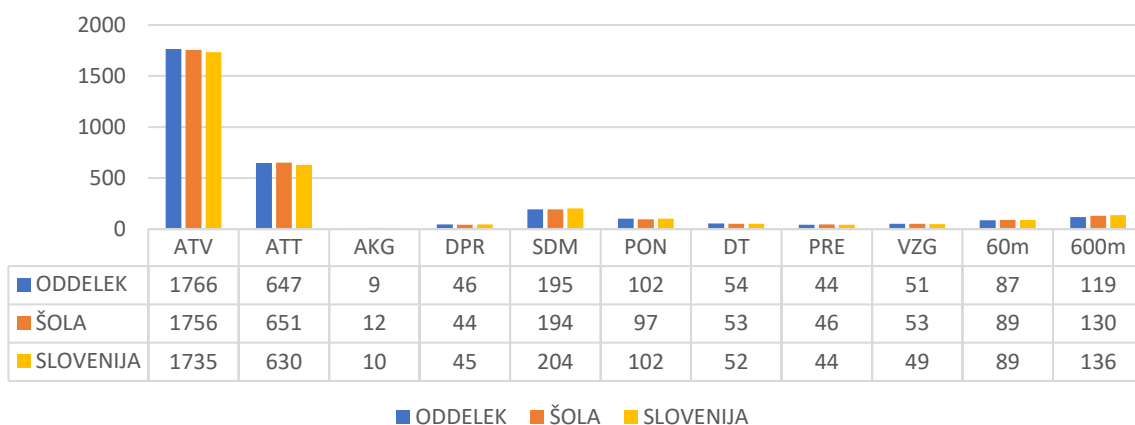
Učenci - 8.I



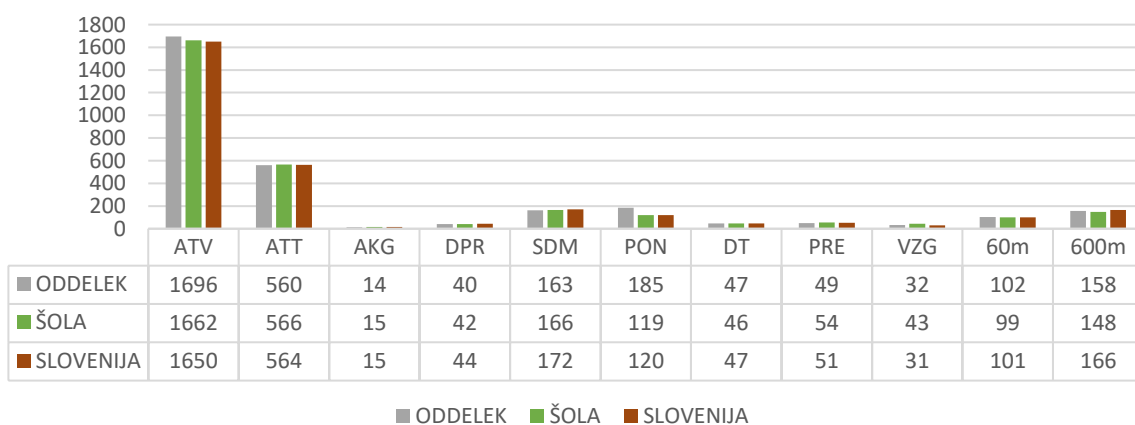
Učenke - 8.I



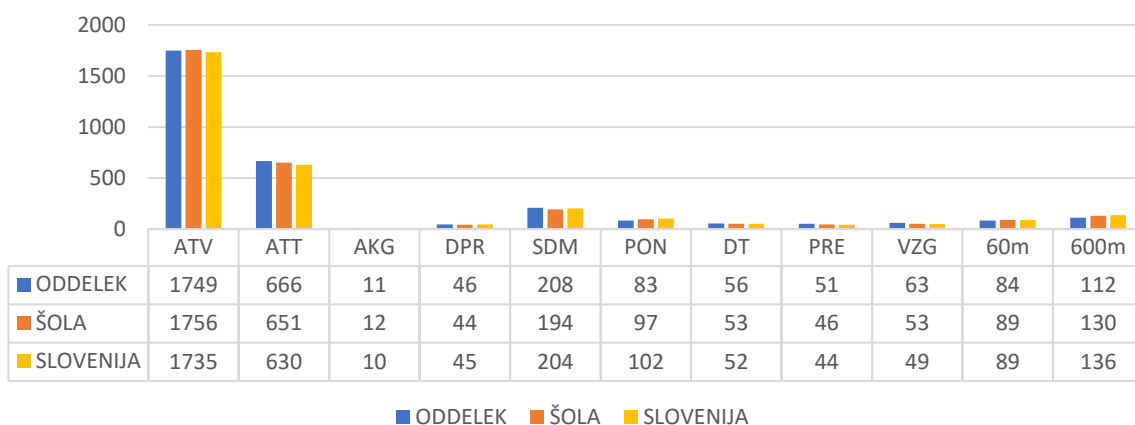
Učenci - 9.A



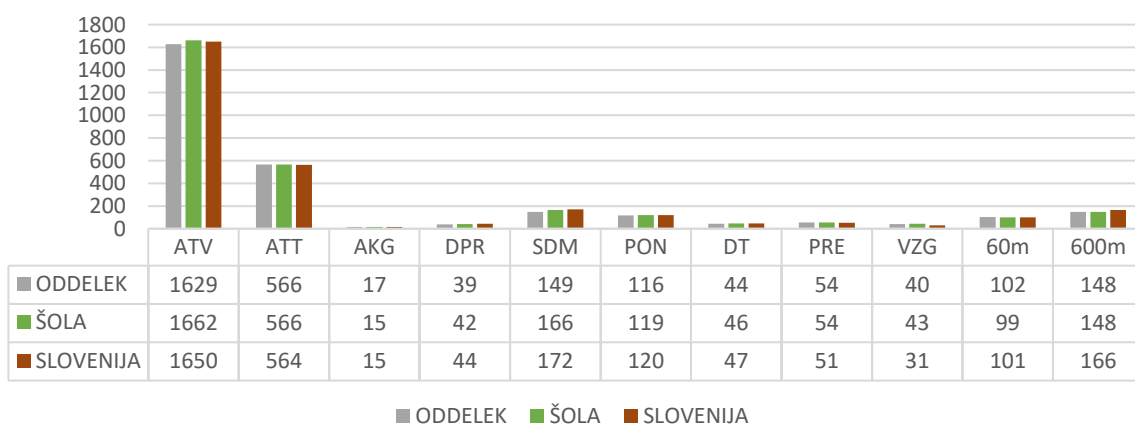
Učenke - 9.A



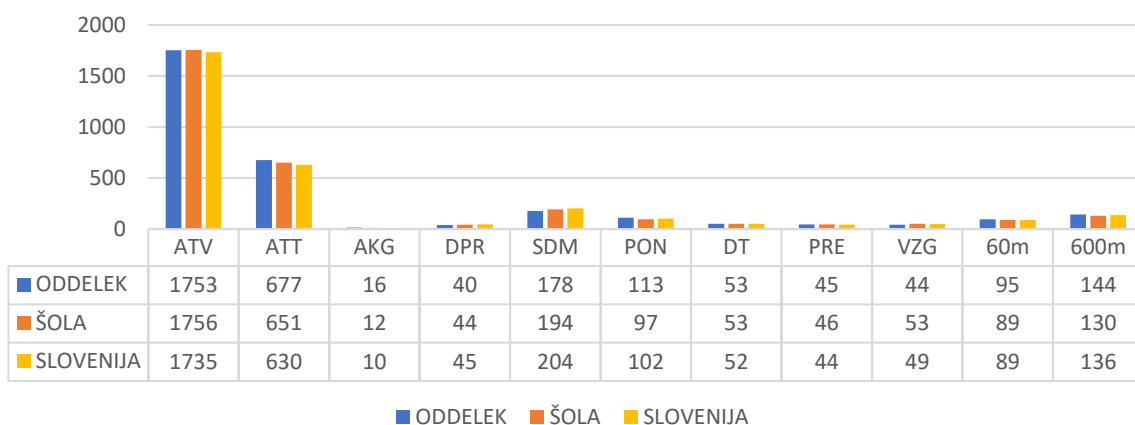
Učenci - 9.B



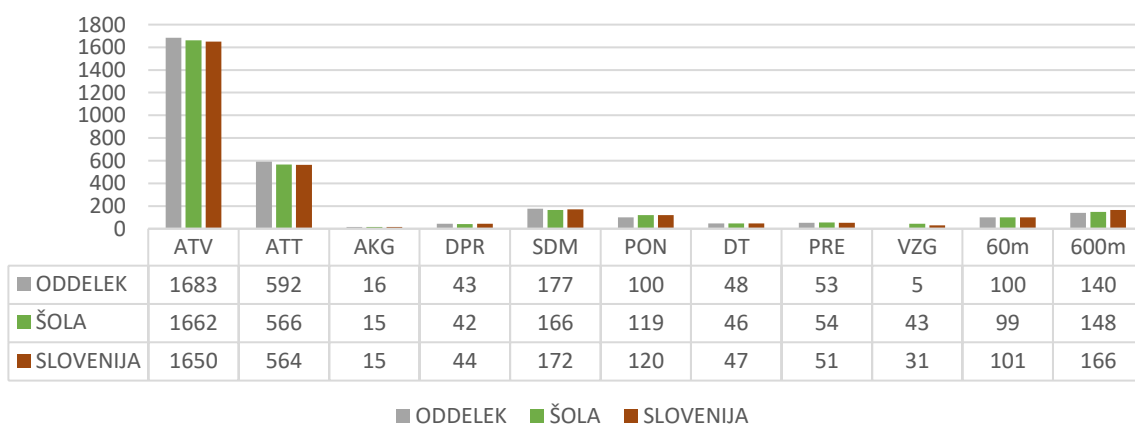
Učenke - 9.B



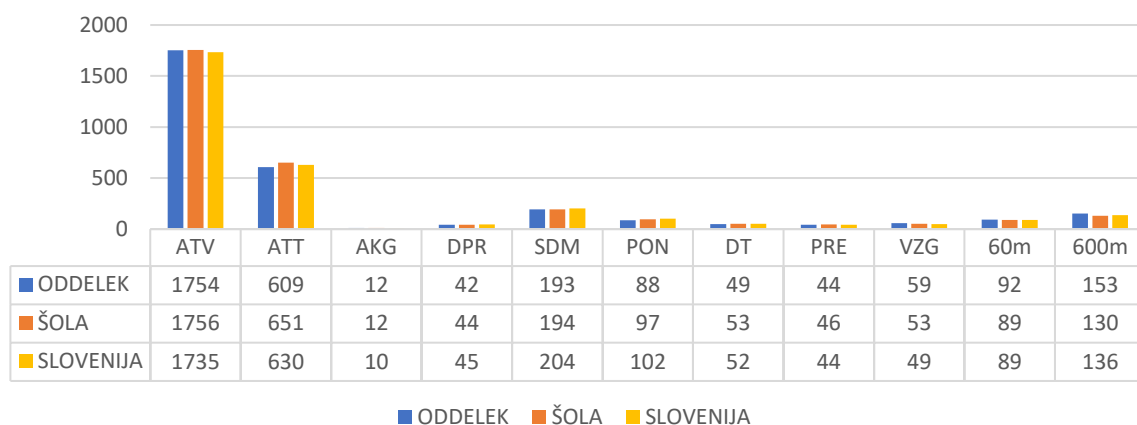
Učenci - 9.C



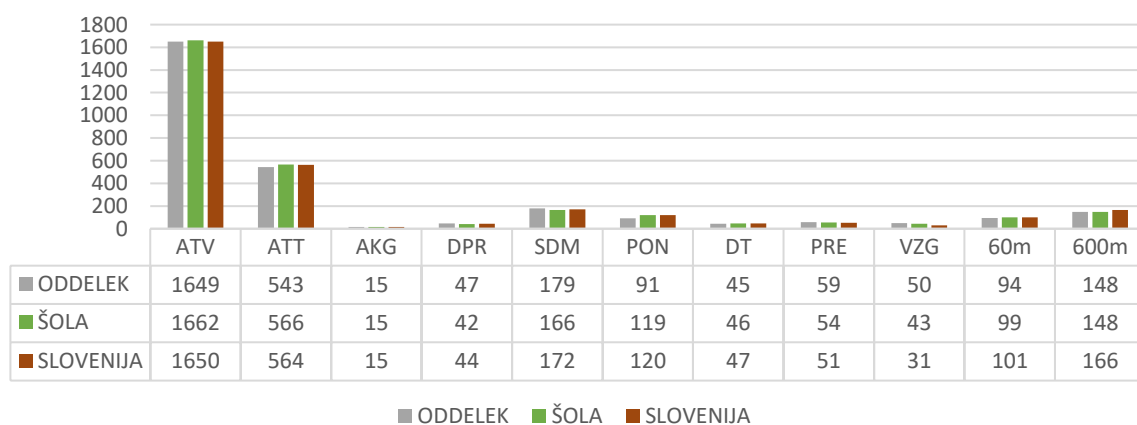
Učenke - 9.C














Učenci - 9.I



Učenke - 9.I



Celotna šola
2022/2023

	1	2	3	4	5	6	7	8	9	10	11		
	ATV	ATT	AKG	DPR	SDM	PON	DT	PRE	VZC	60m	600m	XT	% slabših
												gibalna spos.	
Vred.	1256	251	11	23	106	178	26	41	18	131	197	0	
T	52	49	50	48	46	54	48	51	50	50	52	50	
70													97,72
65													93,32
60													84,13
55													69,15
50													50,00
45													30,85
40													15,87
35													6,68
30													2,28

