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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Ενδεικτικός Περιληπτικός Προγραμματισμός Ε’ και ΣΤ’ τάξη Δημοτικού Σχολείου** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | **1ο ΤΡΙΜΗΝΟ** | | | | | | | | | | | | **2ο ΤΡΙΜΗΝΟ** | | | | | | | | | | | | **3ο ΤΡΙΜΗΝΟ** | | | | | | | | | | | | | | |
| Μήνες | | **Σεπτέμβριος** | | | | **Οκτώβριος** | | | | **Νοέμβριος** | | | | **Δεκέμβριος** | | | | **Ιανουάριος** | | | | **Φεβρουάριος** | | | | **Μάρτιος** | | | | **Απρίλιος** | | | | **Μάιος** | | | | **Ιούνιος** | | |
| Εβδομάδες | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 1 | 2 | 3 |  |  | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |  |  | 8 | 9 | 10 | 11 | 12 | 13 |
| Περιεχόμενο | Ώρες το Χρόνο |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Διακοπές | Χριστουγέννων |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Διακοπές | Πάσχα |  |  |  |  |  |  |
| Αθλοπαιδιές | 32 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Μπάσκετ | 8 |  | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Βόλεϊ | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ |  |  |
| Ποδόσφαιρο | 8 |  |  |  |  |  |  |  |  |  | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Χάντμπολ | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ |  |  |  |  |  |  |  |  |  |  |
| Στίβος | 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ |  | ∕ | ∕ | ∕ | ∕ |  |  |
| Δρόμοι |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Άλματα |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ρίψεις |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Γυμναστική | 7 |  | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ασκήσεις χωρίς όργανα |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ενόργανη |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Ρυθμική |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Χοροί | 12 |  |  |  |  |  |  |  |  | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ | ∕ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Καλαματιανός, Τικ |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Τσάμικος, Έντεκα |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Πεντοζάλι, Ζωναράδικος |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Τοπικοί |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Σύνολο | 63 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| **Παρατηρήσεις** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Πρώτη εβδομάδα Σεπτεμβρίου: γνωριμία με τους/ις μαθητές/τριες | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Δυο τελευταίες εβδομάδες Ιουνίου: Αγώνες, Αθλητικές Δραστηριότητες | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Για κάθε μάθημα που πραγματοποιείται, σημειώνεται μια λοξή γραμμή και το «∕» γίνεται «X» ή εναλλακτικά μπορεί να γραφεί η ημερομηνία διεξαγωγής του μαθήματος «7∕» | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ο προγραμματισμός διαμορφώνεται ανάλογα με τη διαθέσιμη υλικοτεχνική υποδομή | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Πηγή: «Η Φυσική Αγωγή στο Δημοτικό Σχολείο», Βιβλίο για τον Διδάσκοντα. ΥΠΑΙΘ-ΠΙ-Τμ. Α/ΘΜΙΑΣ ΕΚΠ/ΣΗΣ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |