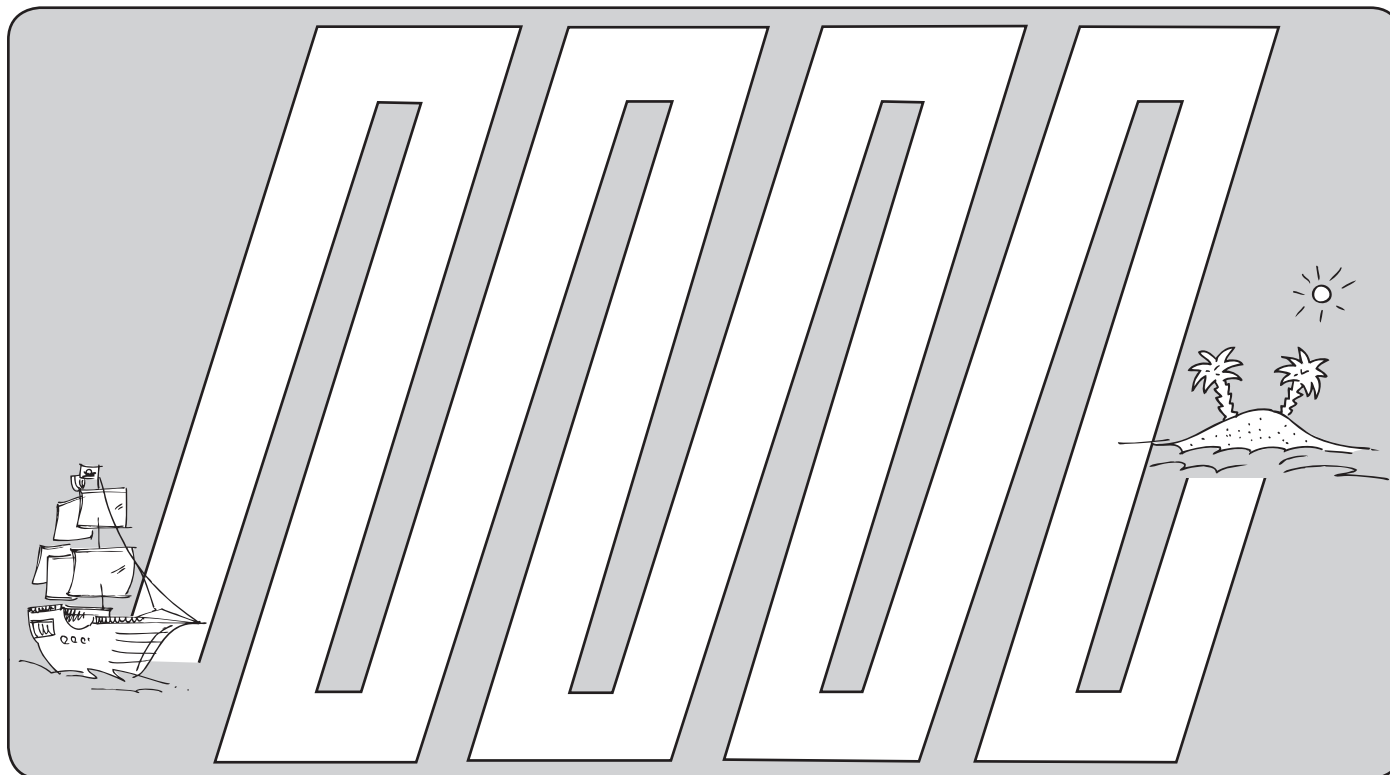
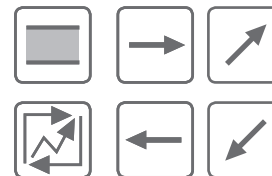
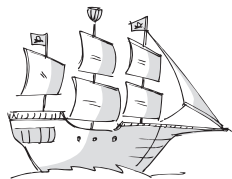
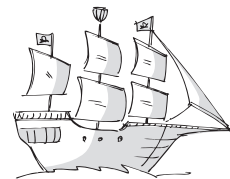
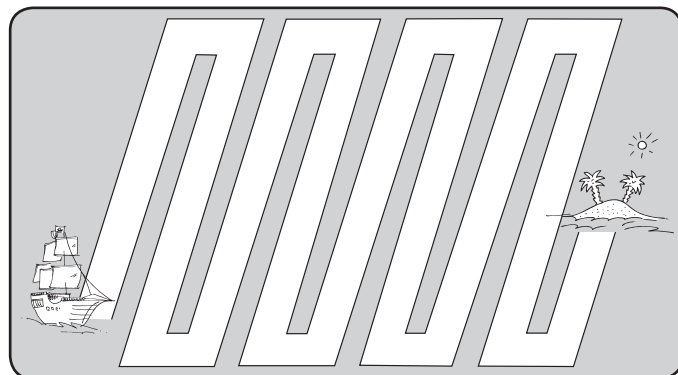
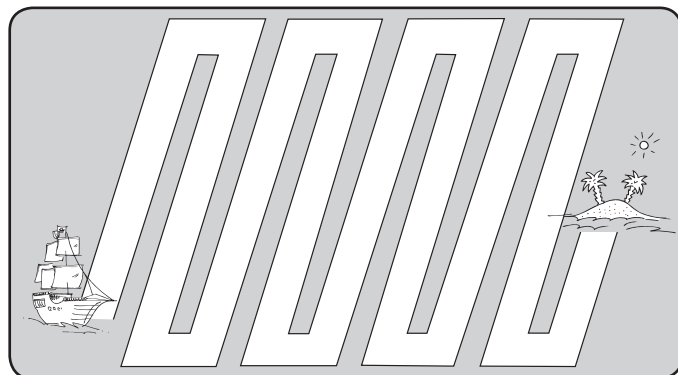
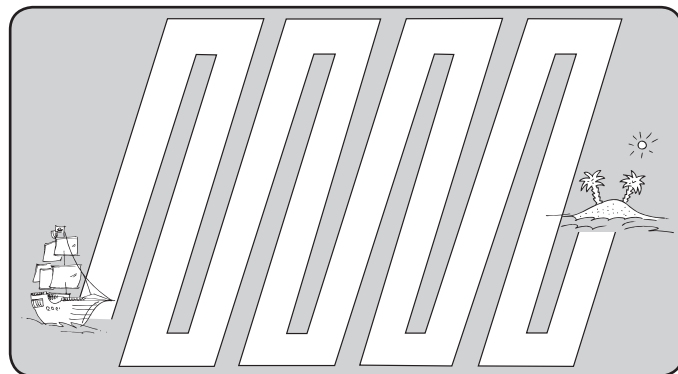
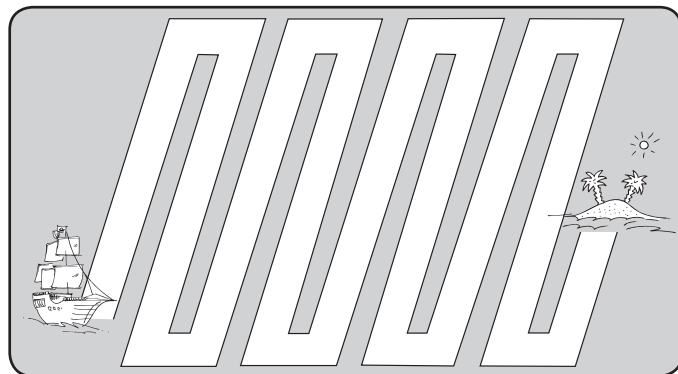
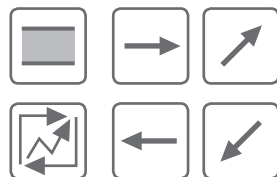


Pluj k ostrovu pokladů a zpět.
Pohyb vychází z ramene a lokte.

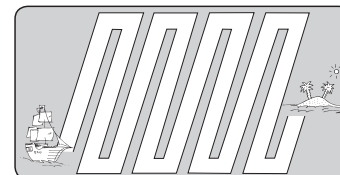
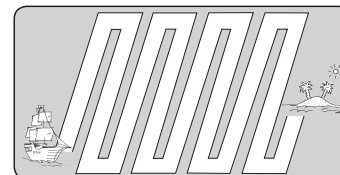
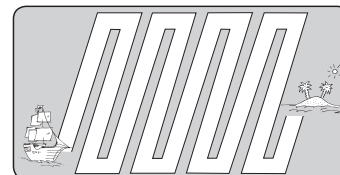
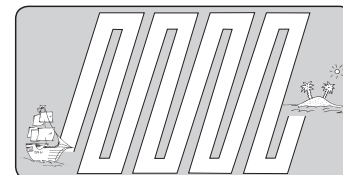
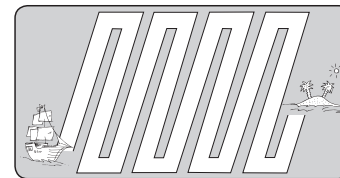
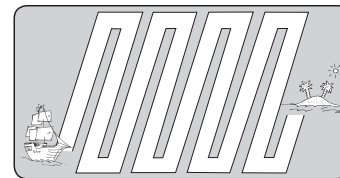
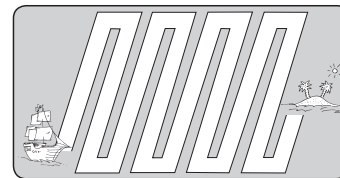
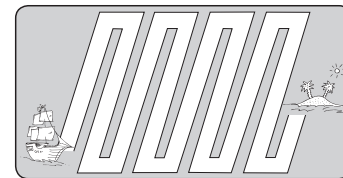
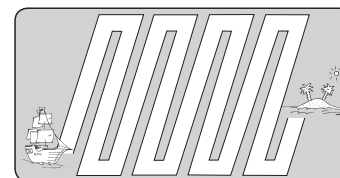
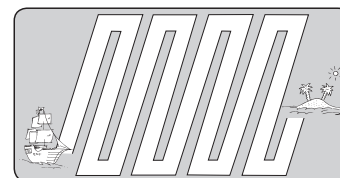
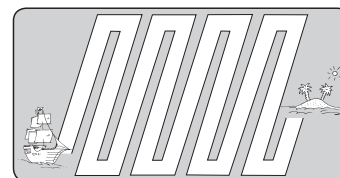
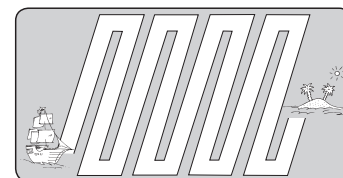
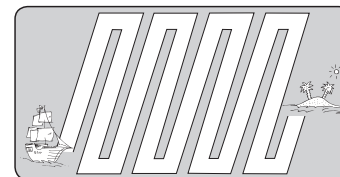
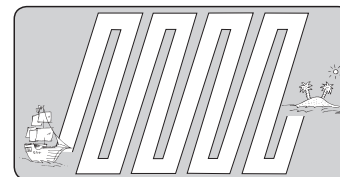
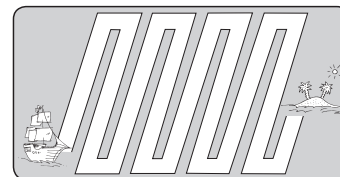
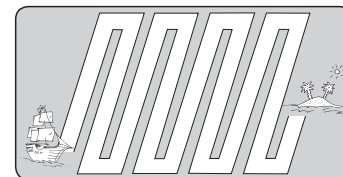
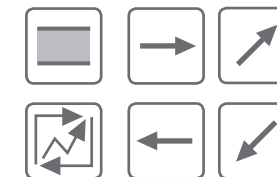


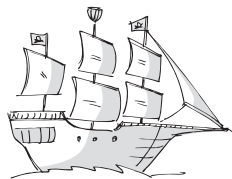


Pluj k ostrovu pokladů a zpět.
Pohyb vychází z ramene a lokte.

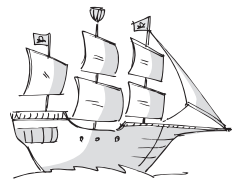
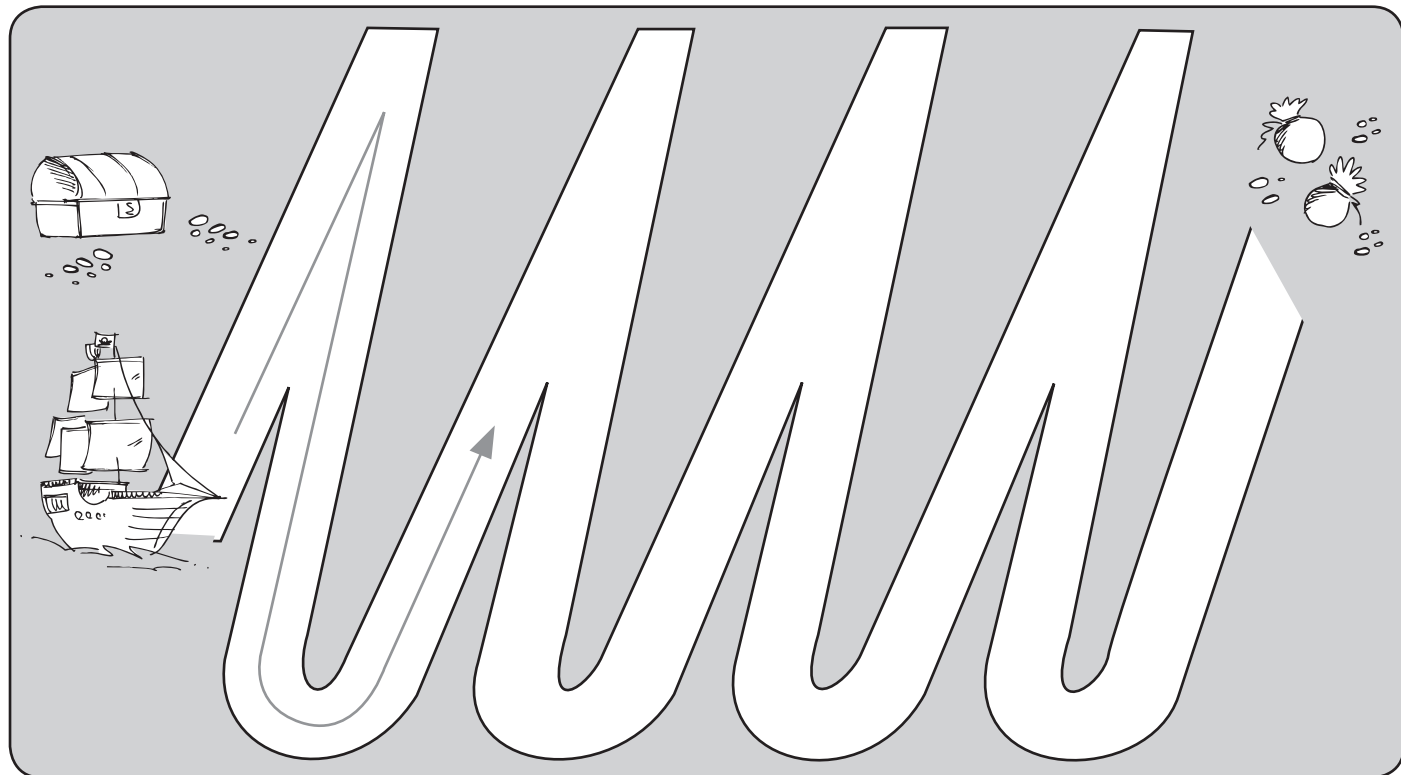
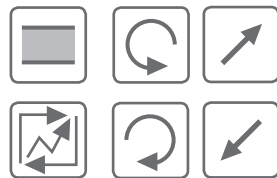


Pluj k ostrovu pokladů a zpět.
Praváci: Zápěstí je umístěno podél obrázku. Pohyb nahoru a dolů vychází ze zápěstí, pohyb stranou z prstů.
Leváci: postupujte naopak.

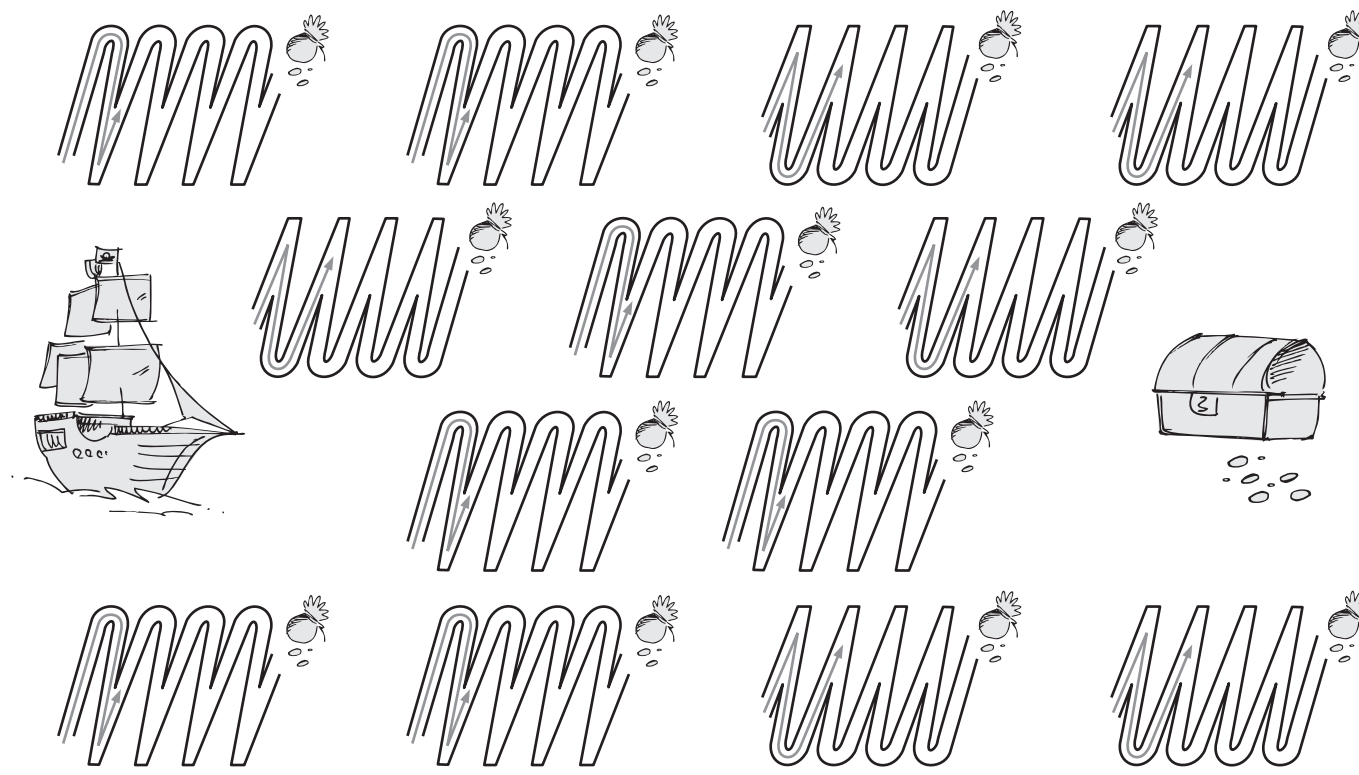
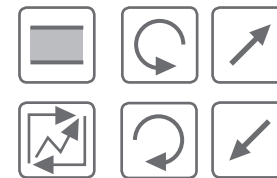


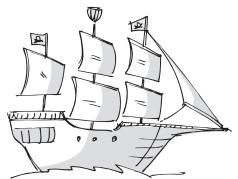


Plujte pro pytlík mincí a převezte jej zpět do truhly.
Pak plujte po další pytlík.
Pohyb vychází z ramene a lokte.



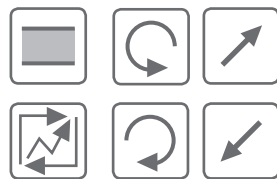
Plujte pro pytlíky plné mincí.
Pohyb vychází ze zápěstí a prstů.





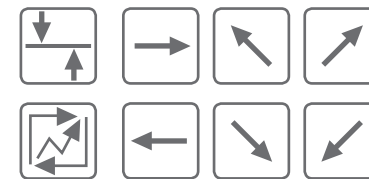
Zvedněte pero z papíru po dokončení každého tvaru a položte ho na začátek dalšího tvaru.

Pohyb vychází ze zápěstí a prstů.



Obtáhněte obrázky lodí a ostrovu pokladů. Zvedněte pero z papíru po každé čáře a položte ho na novou čáru.

Pohyb vychází ze zápěstí a prstů.



ee ele ll ly



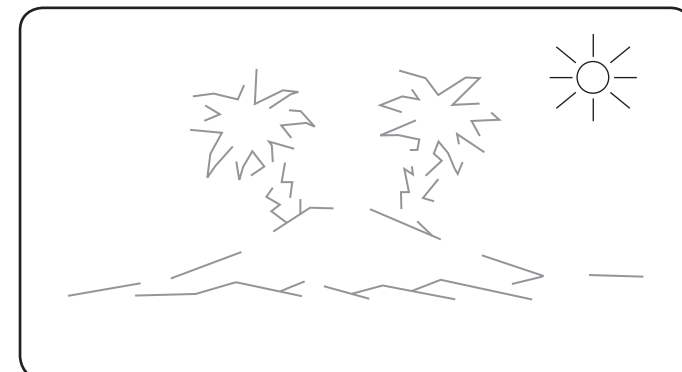
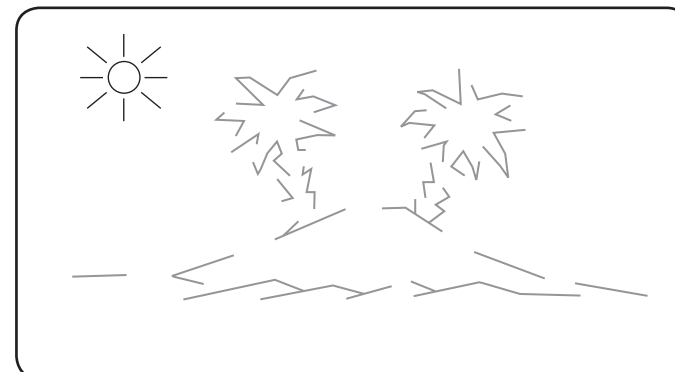
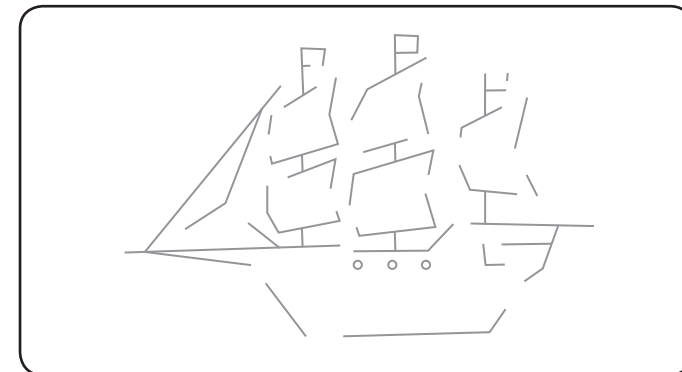
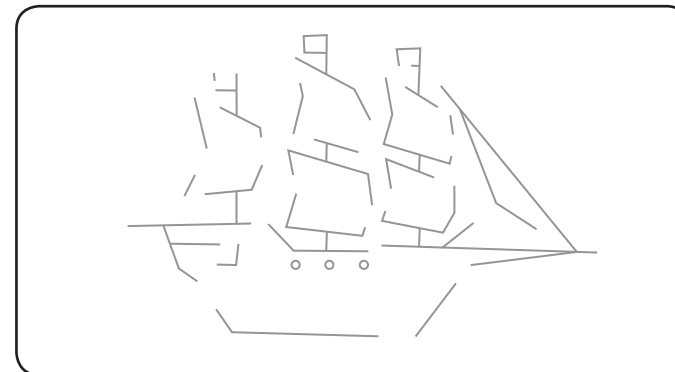
yy eye zz zye

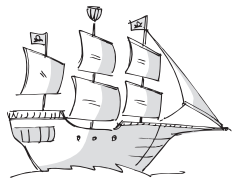


hys hy zhs zye

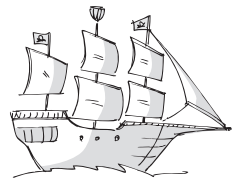
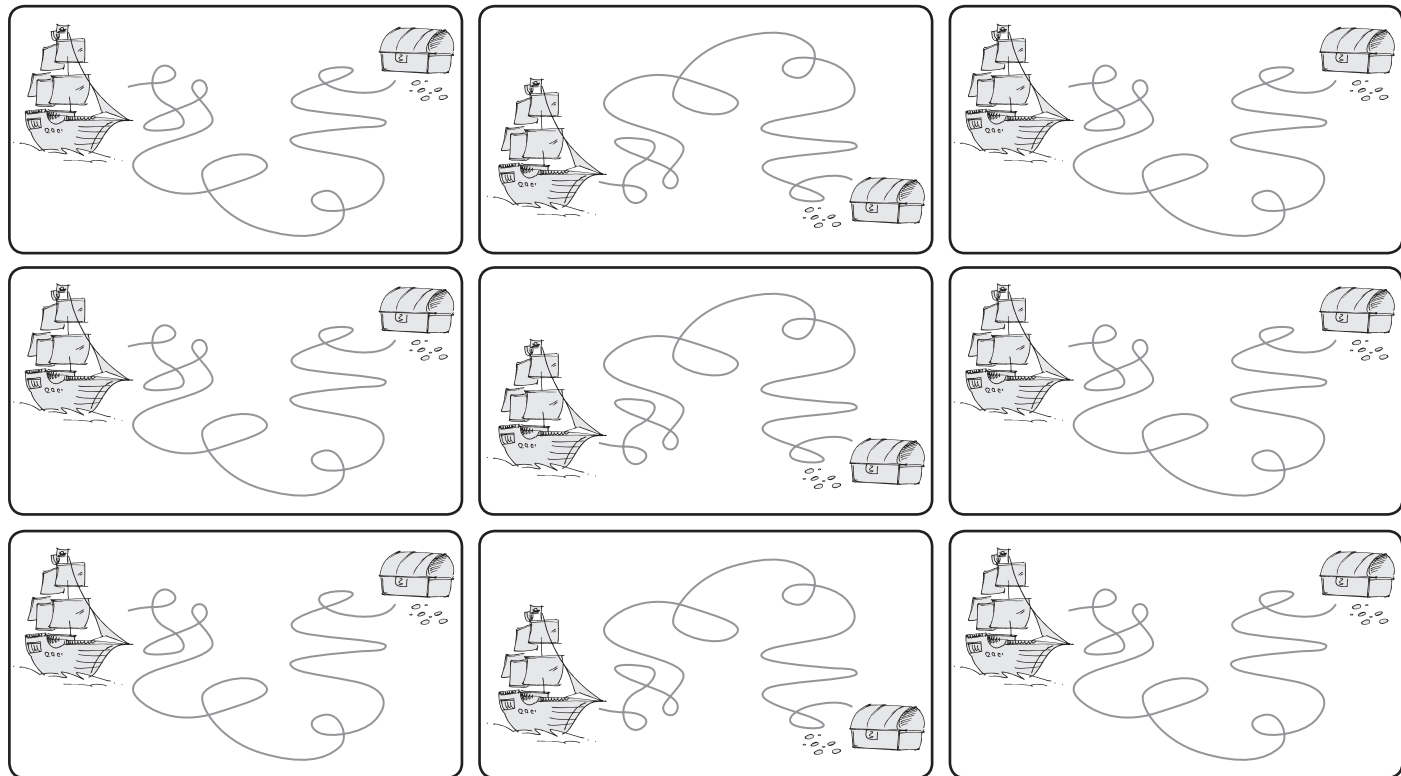
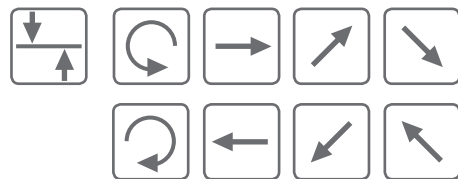


eyll zsh esly



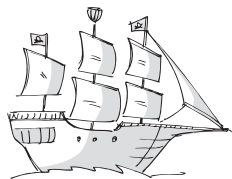


Lod' se plaví pro poklad.
Pohyb vychází ze zápěstí a prstů.



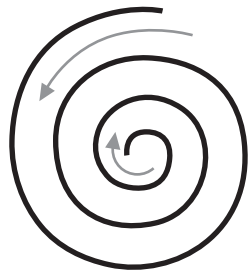
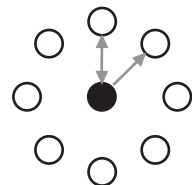
Zvedni pero z papíru po každém tvaru a polož ho na papír na každém novém tvaru.
Pohyb vychází ze zápěstí a prstů.





Řidičský průkaz na inkoustový roller

- Umím psát pohybem zápěstí.
- Umím psát pohybem prstů.
- Tyto pohyby dokážu koordinovat s pohybem ramene.



Napiš pirátský příběh...

