

3-kurs talabalari uchun “Sport mahoratini oshirish” fanidan
yakuniy nazorat uchun normativ

№	Normativler	40-50 ball	35-39,9 ball	30-34,9 ball	0-29,9 ball
1	Gimnastik turnikka tortilish (soni)	15-13 marta	12-10 marta	9-7 marta	-
2	Press (soni)	20-18 marta	17-15 marta	15-13 mart	-
3	Jariyma to`pini tashlash (basketbol) 5- marta	5marta	4marta	3marta	-
4	Voleybolda to`gri traektoriya bo`ylab 4- chi zonadan hujum zarbachasini berish texnikasi	5marta	4marta	3marta	
5	Voleybolda yuqoridan to`rga to`gri turib to`pni o`yingi kiritish	5marta	4marta	3marta	-

Fan o`qituvchisi

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