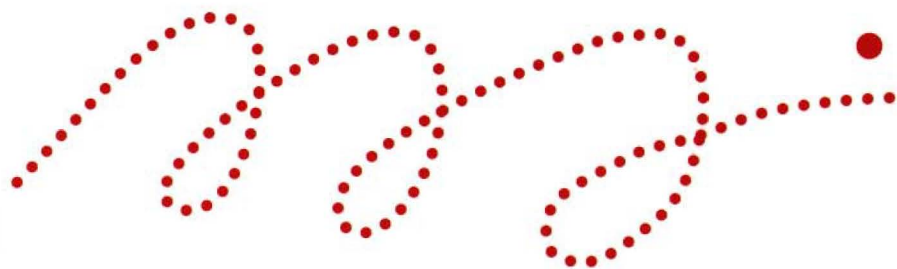


Budú z toho

# PÍSMENKÁ?

Éva Misák



Prípravné cviky pre prvákov na uvoľnenie ruky

**Pracovný zošit obsahuje súbor cvikov na uvoľnenie ruky a rozvíjanie koordinácie jednotlivých činností pri písaní. Je určený pre žiakov 1. triedy základnej školy. Je vhodný aj pre špeciálne základné školy. Podľa nakreslených predlôh si deti môžu precvičovať jednotlivé prvky písma a ich spojenia a rozvíjať tak svoju zručnosť. Keďže deti zatiaľ nedokážu samostatne čítať, pokyny na prácu nie sú vyjadrené slovne, ale ikonami, a sú preto zrozumiteľné aj pre deti z rôzneho jazykového prostredia. Súčasťou pracovného zošita sú aj cvičné listy slúžiace na precvičovanie a fixovanie správnych tvarov.**

### Metodické pokyny

Dôležité je správne sedenie, správna poloha zošita a správne držanie ceruzky.

Ceruzky a pastelky, ktoré budú deti používať, by mali mať vždy mäkkú tuhu, tvrdý materiál môže spôsobovať kŕčovitú uchopenie. Trojhranné pastelky sú vhodnejšie než okrúhle, pretože umožňujú istejšie uchopenie.

#### 1. strana

Deti si vyfarbia obrázky a na voľnej ploche obkreslia svoju vlastnú ruku (ľavú alebo pravú).

#### 2. strana

Deti najskôr obtiahnu predtlačnú kresbu, potom kreslia samy, nakoniec nakreslia aj okolie (tráva, slnko, kvietky...). Pri kreslení si môžu spievať ľudovú pieseň (rytmus pri písaní).

#### 3. strana a takmer všetky nasledujúce nepárne strany

Prvá úloha – deti obtiahnu a vyfarbia obrázok. Môžu pritom spievať vhodnú pieseň.

Druhá a tretia úloha sú určené na precvičovanie – deti predpísané prvky viackrát obtiahnu pastelkami, vždy inou farbou.

#### 4. strana a takmer všetky nasledujúce párne strany

Štvrtá úloha je určená na nácvik a fixovanie správnych tvarov. Deti pracujú s ceruzkou.

#### 13., 14., 27., 28., 45., 46., 47. strana: testy

Na stranách 13, 27 a 45 deti dokončia riadky podľa predpísaných vzorov. Na stranách 14, 28 a 46 je opakovanie už prebratých písmen, deti prepíšu všetky obsiahnuté prvky. Na prázdnu plochu si môžu žiaci, ktorí pracujú rýchlejšie, nakresliť obrázok. Na 47. strane je opakovanie – väčšie prvky písmen napíšu deti len raz, menšie prvky toľkokrát, koľkokrát sa zmestia.

#### 48. strana

Deti si vyfarbia maľovanku.

#### 49. – 64. strana: cvičné listy

Na prázdnej ploche strechy môžu deti voľne cvičiť daný prvok písmena. V škole vyplnia prvé tri riadky, posledné tri riadky majú na domácu úlohu.

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Posúdila Mgr. Anita Halászová

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### Použité ikony a ich význam



Prepiš.



Prepiš a pokračuj.



Skús to aj ty.



Skús to aj ty. Nakresli aj okolie.



Vyfarbi.

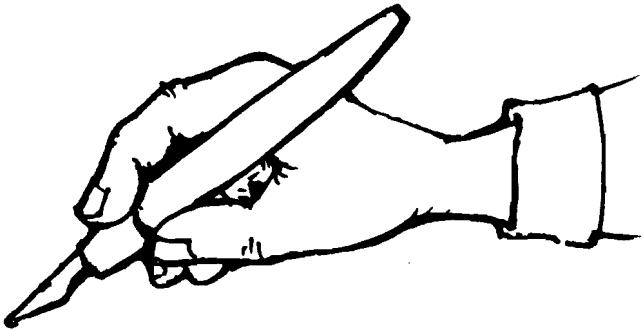
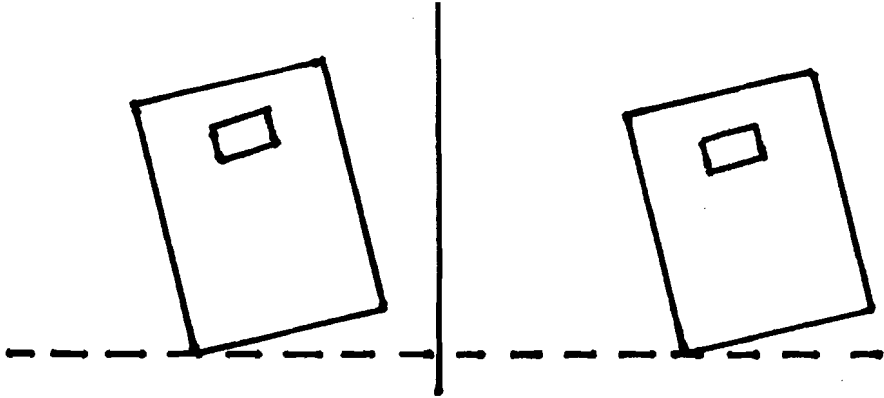
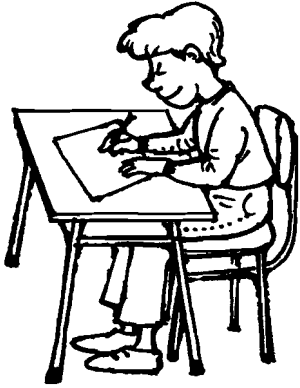


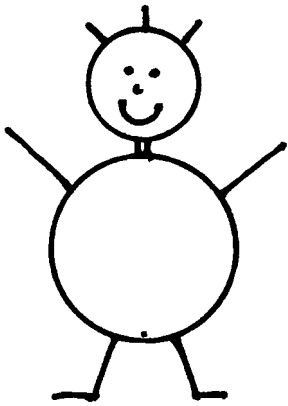
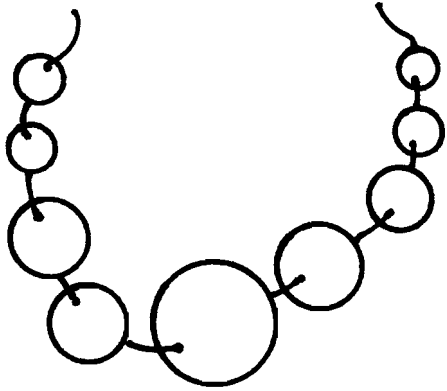
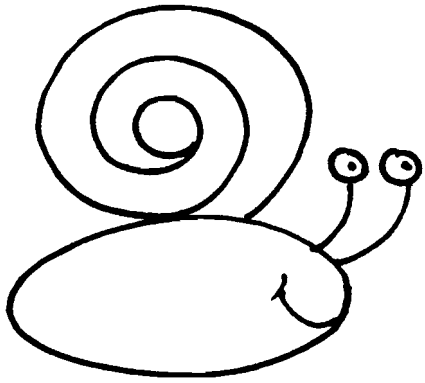
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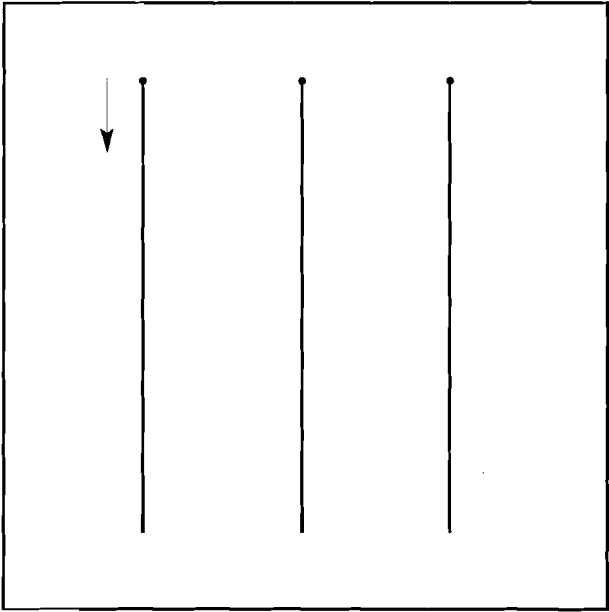
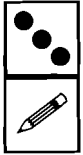
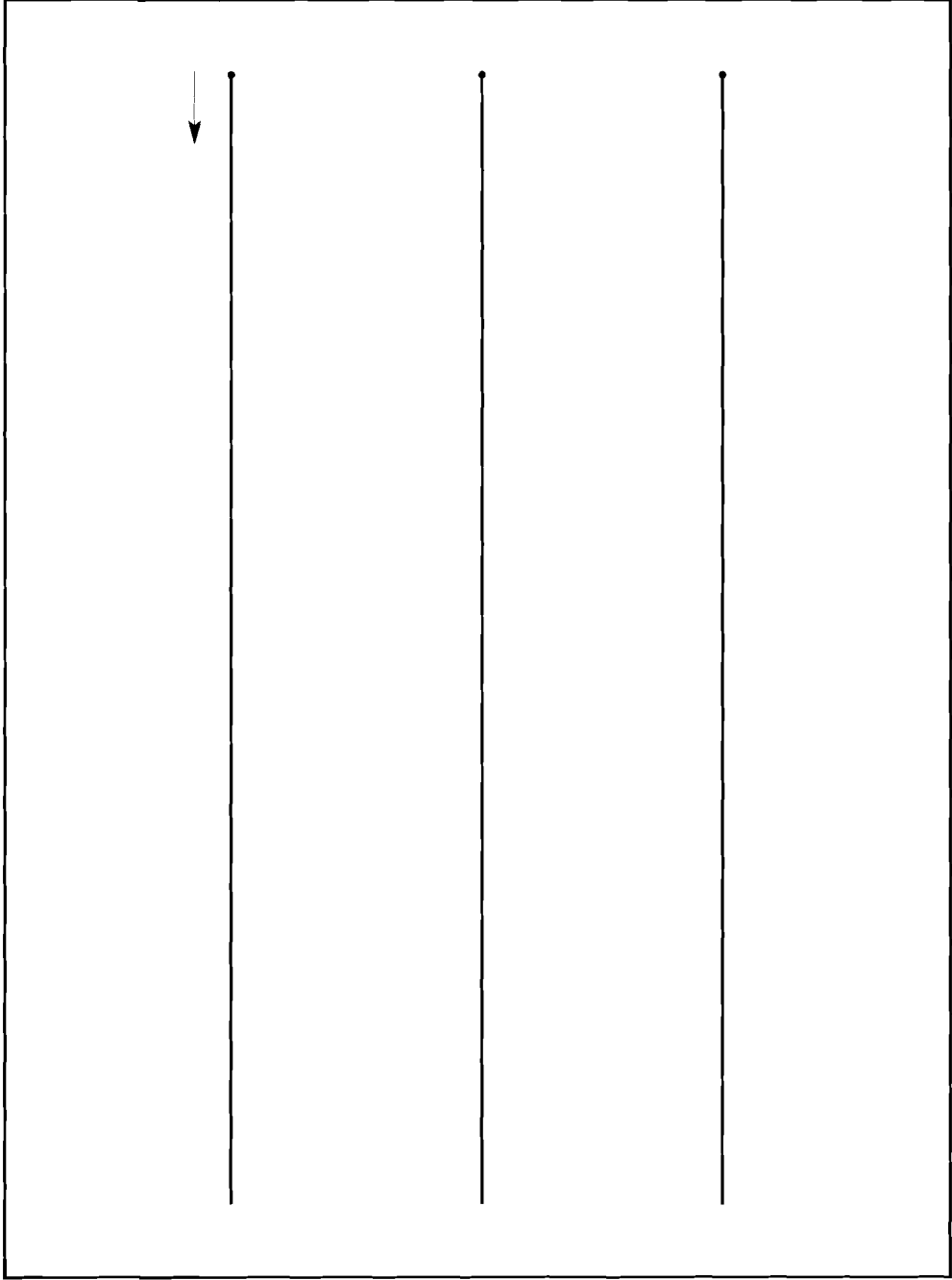
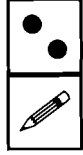
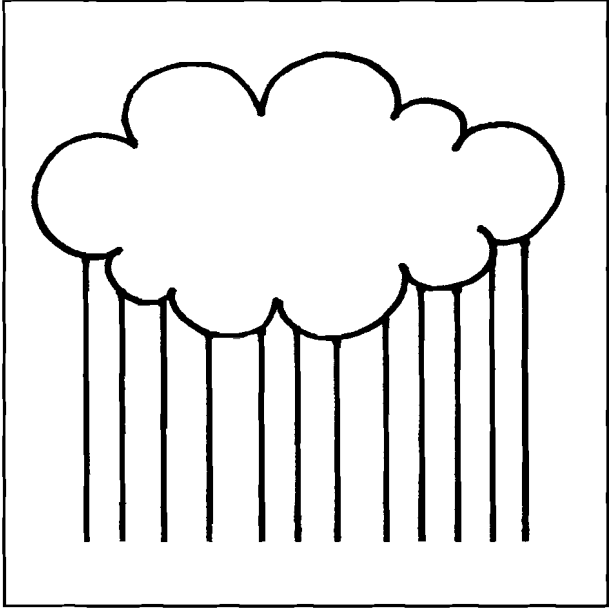
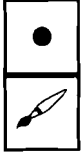


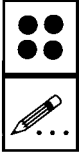
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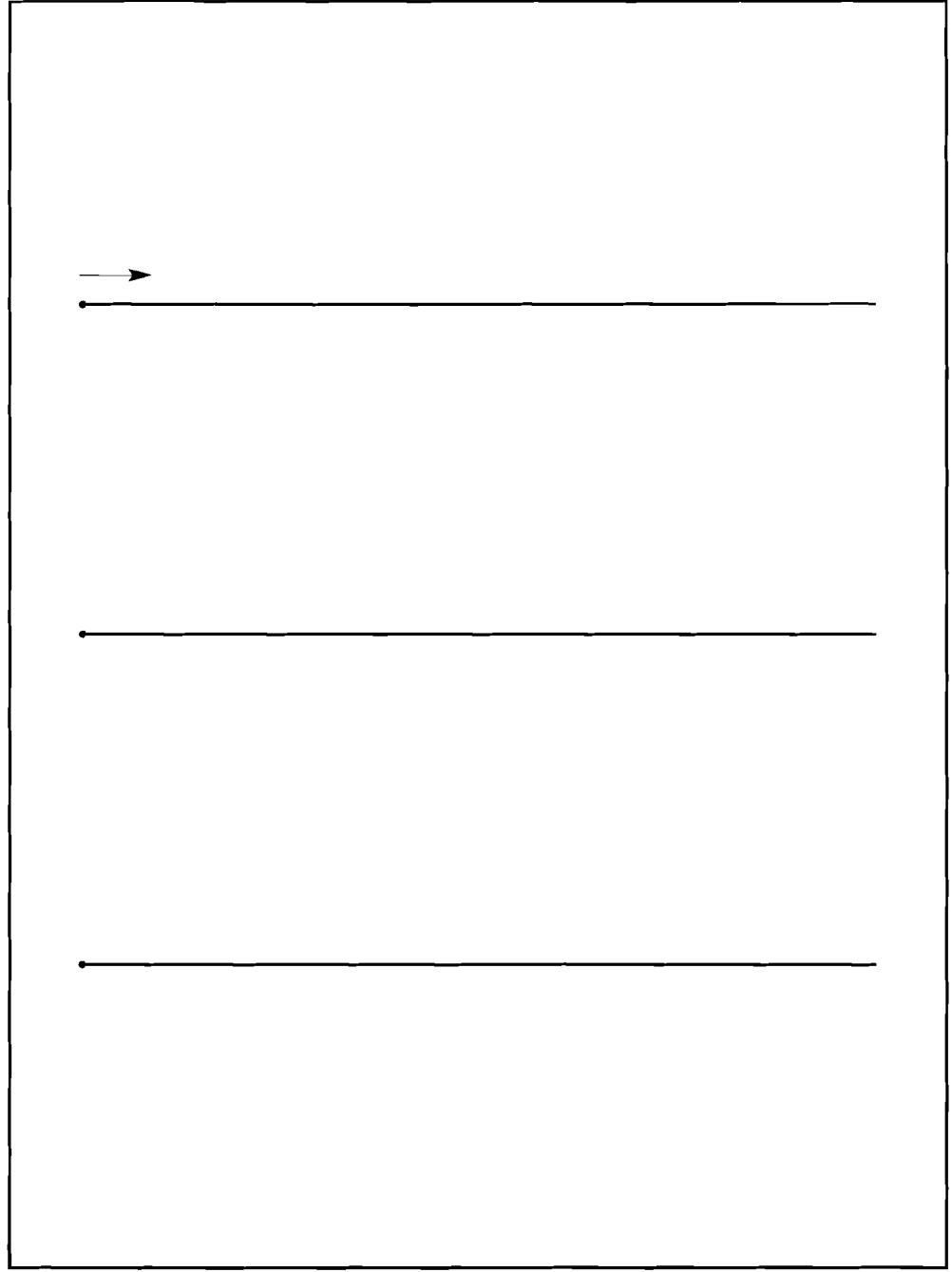
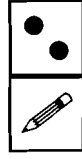
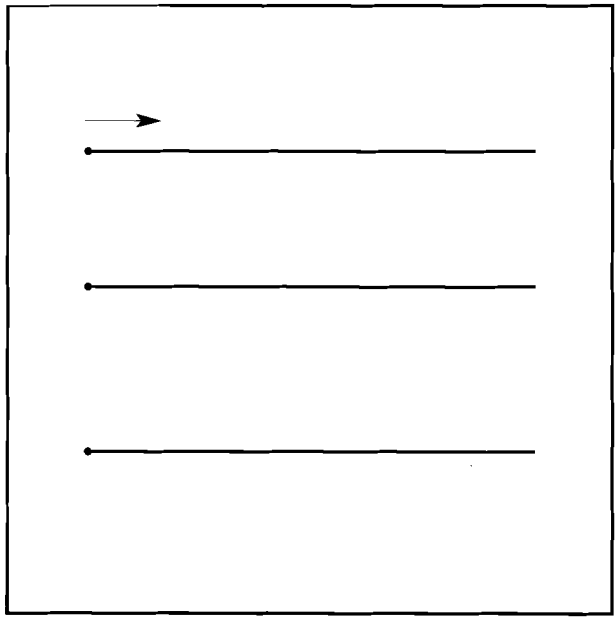
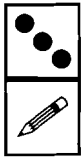
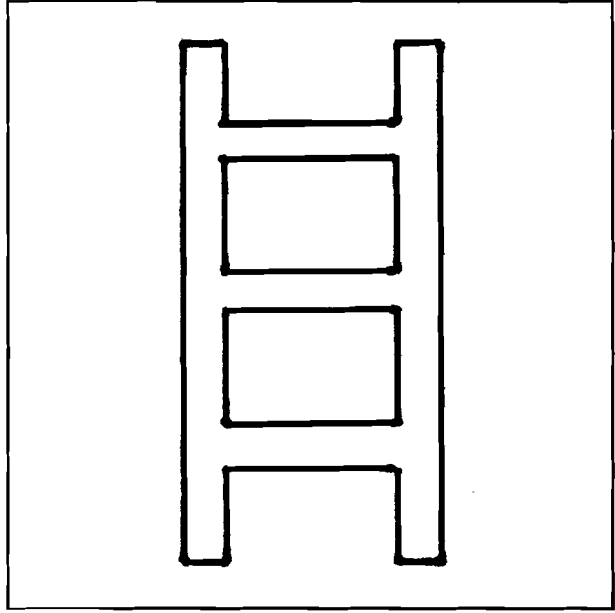
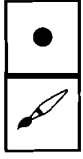




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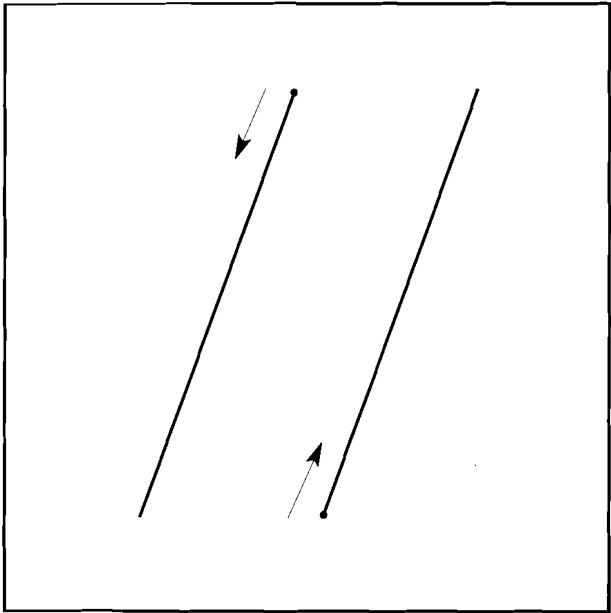
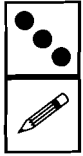
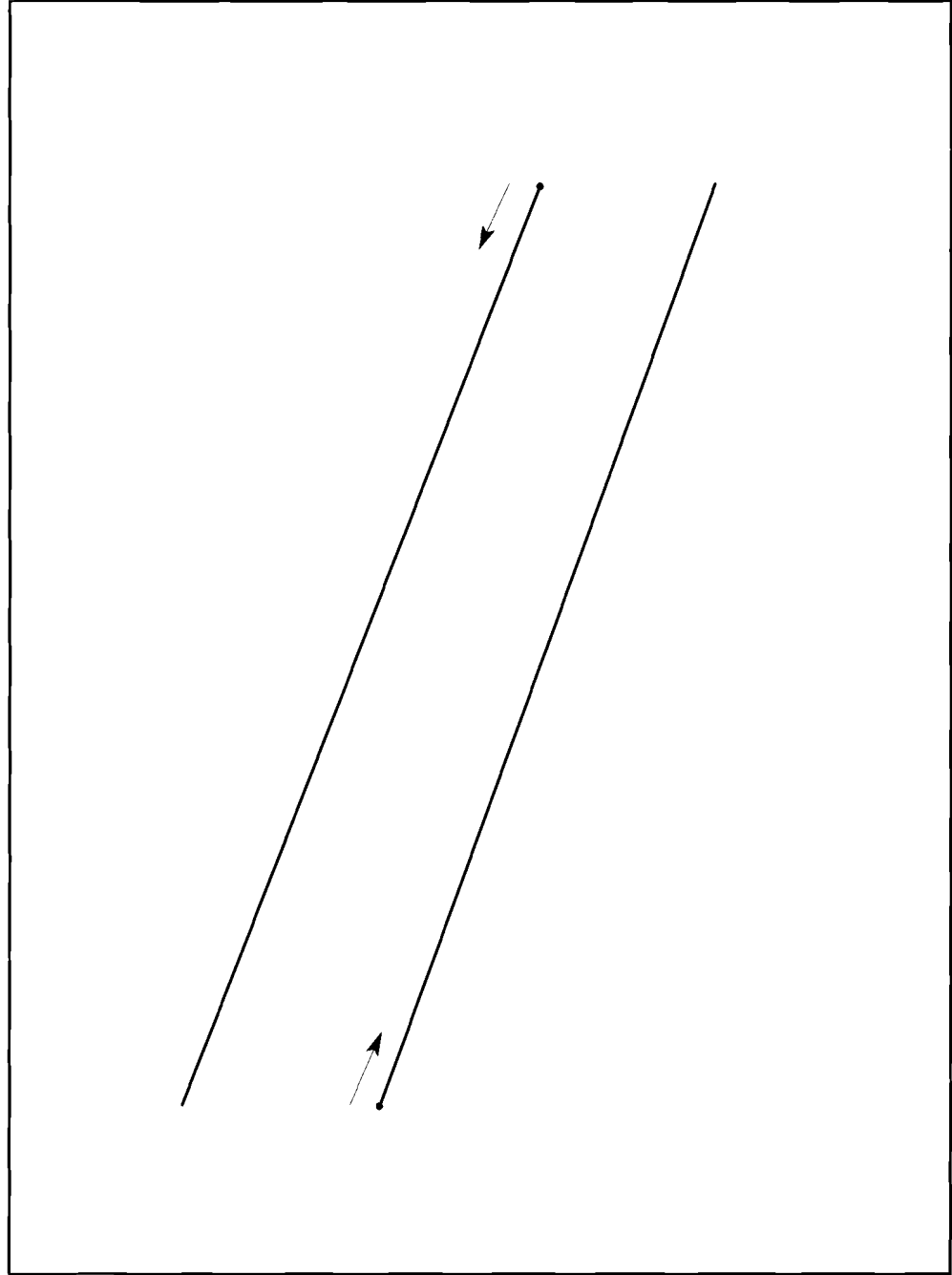
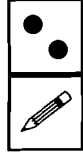
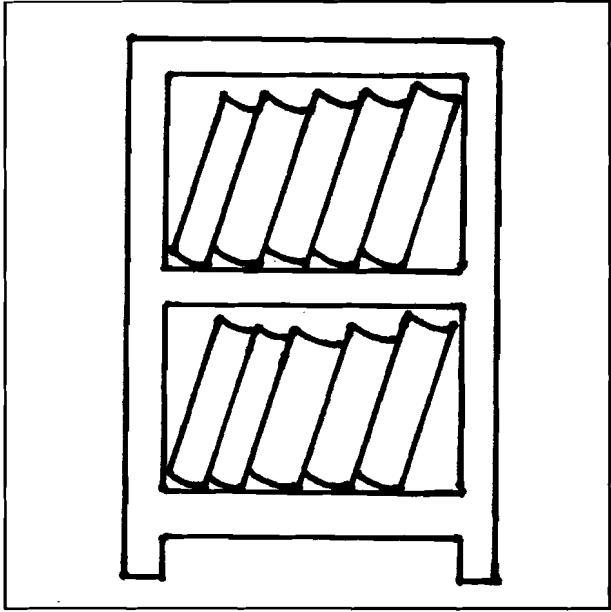
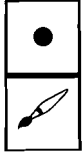
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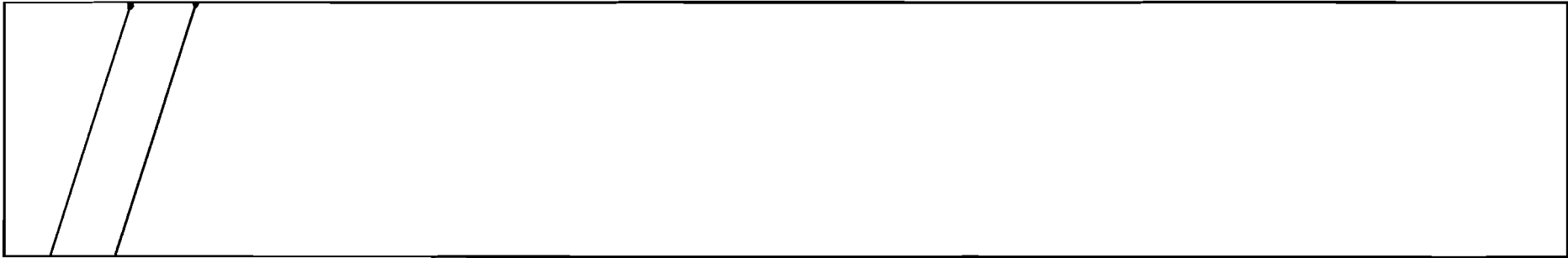
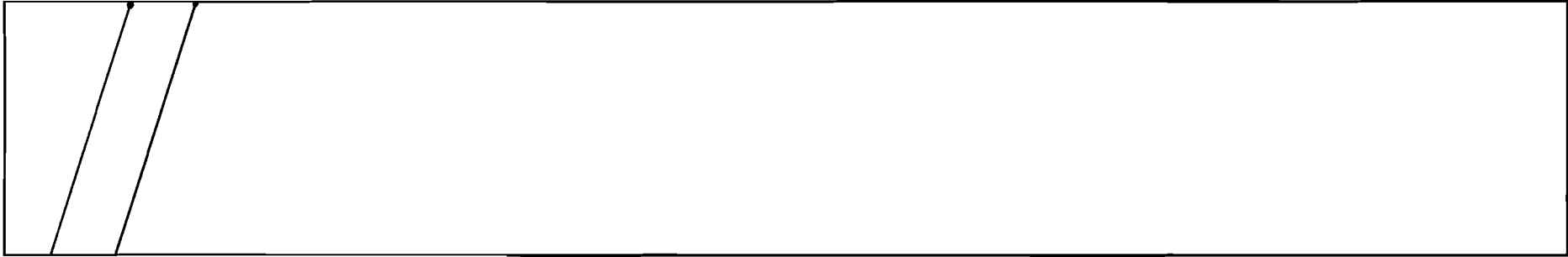
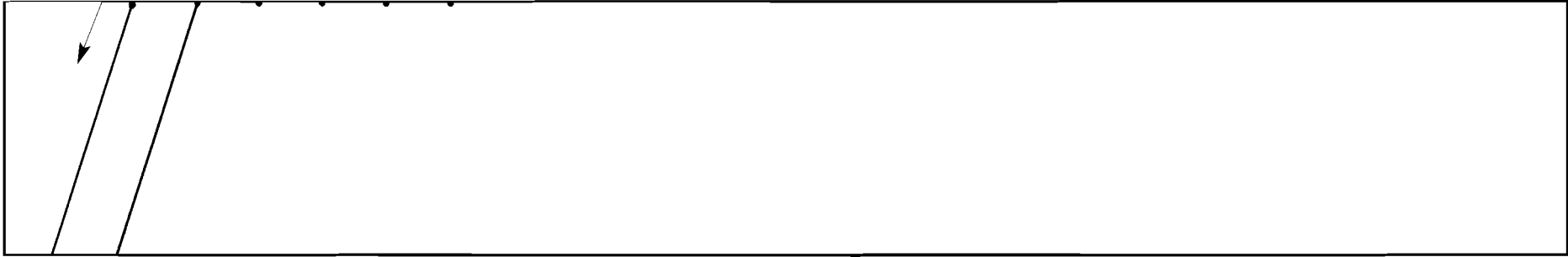
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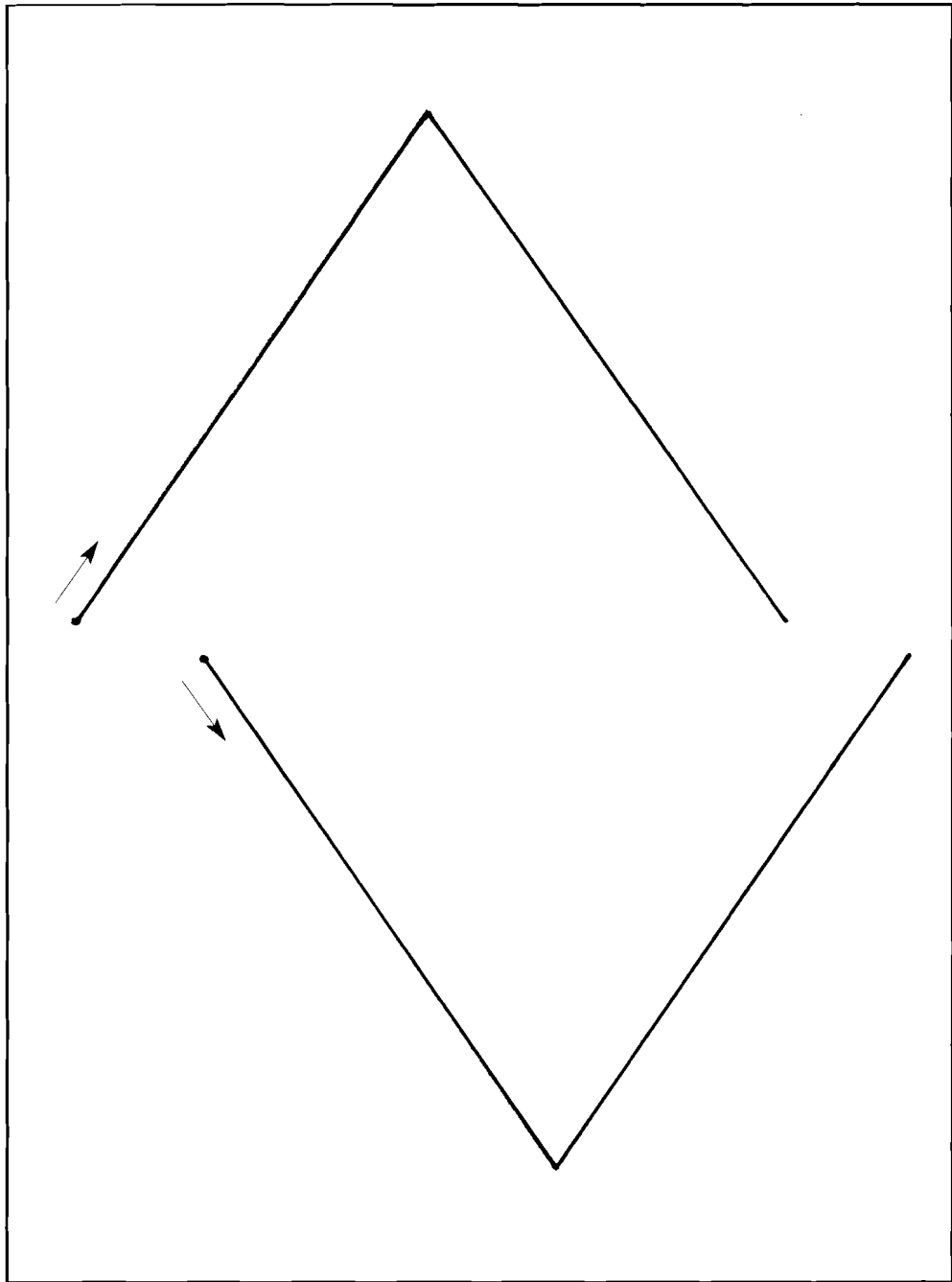
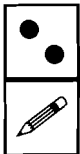
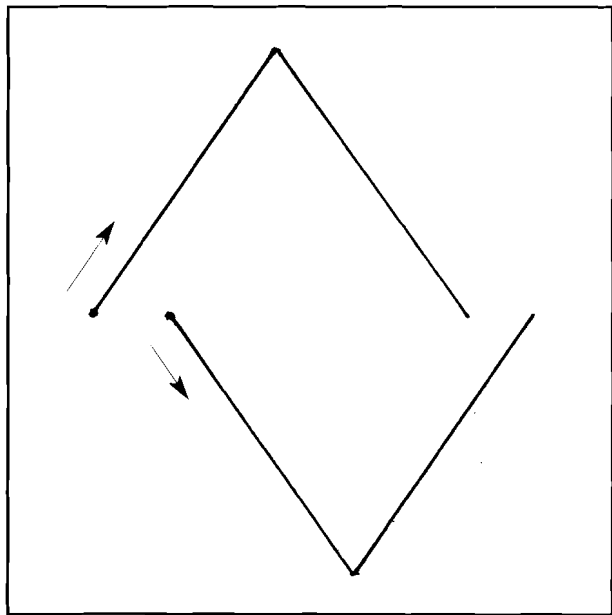
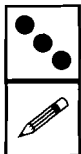
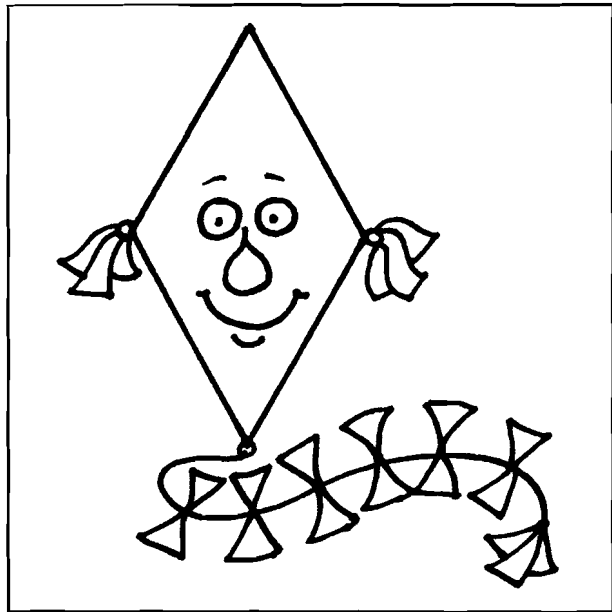
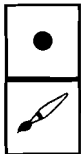



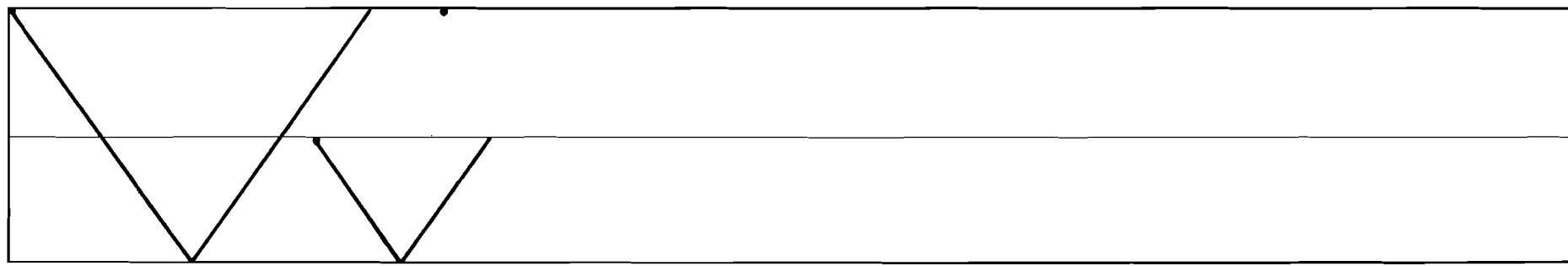
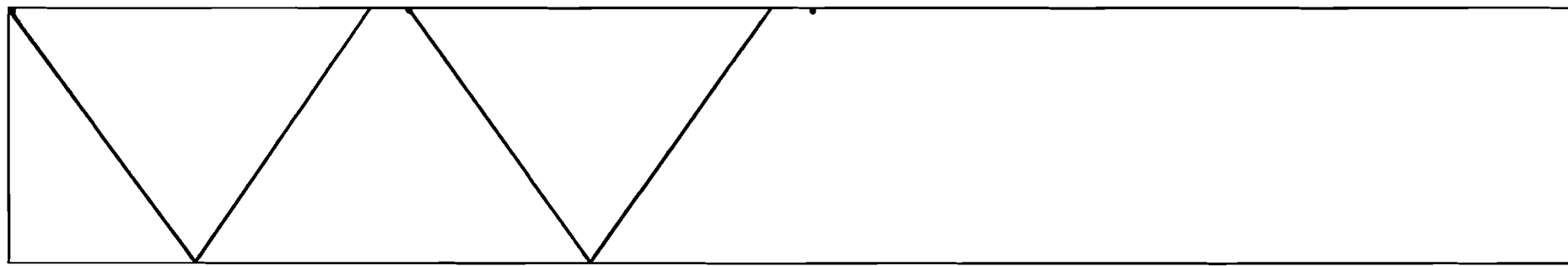
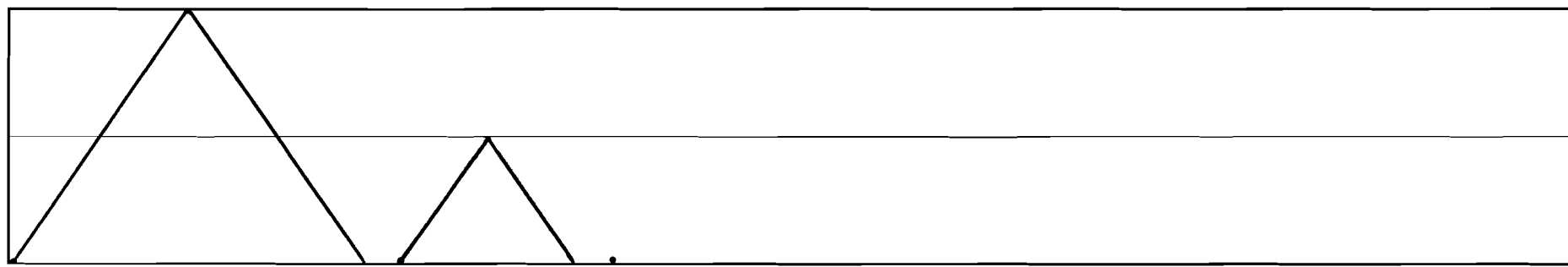
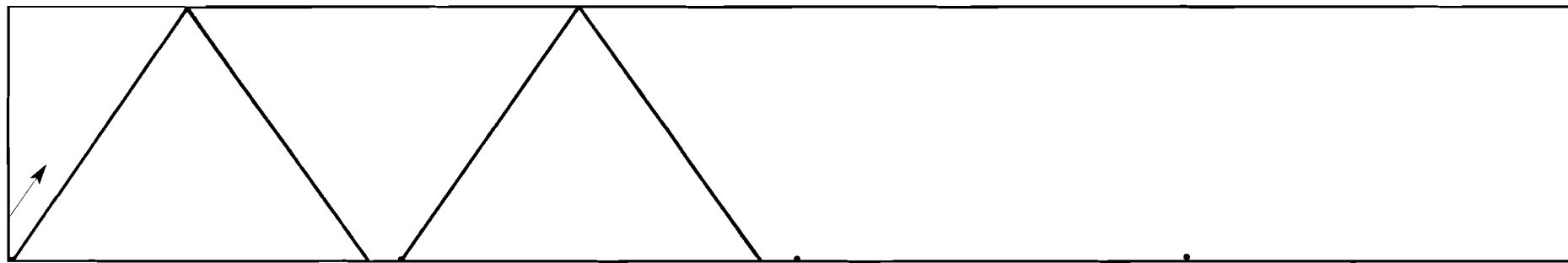
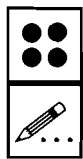


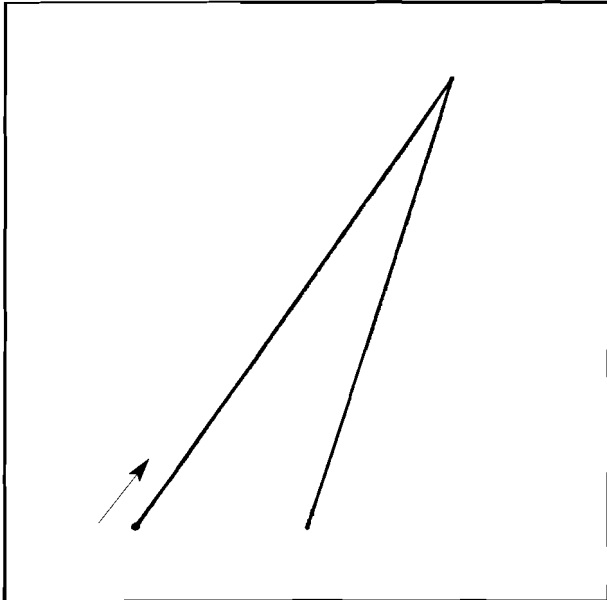
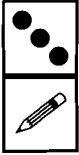
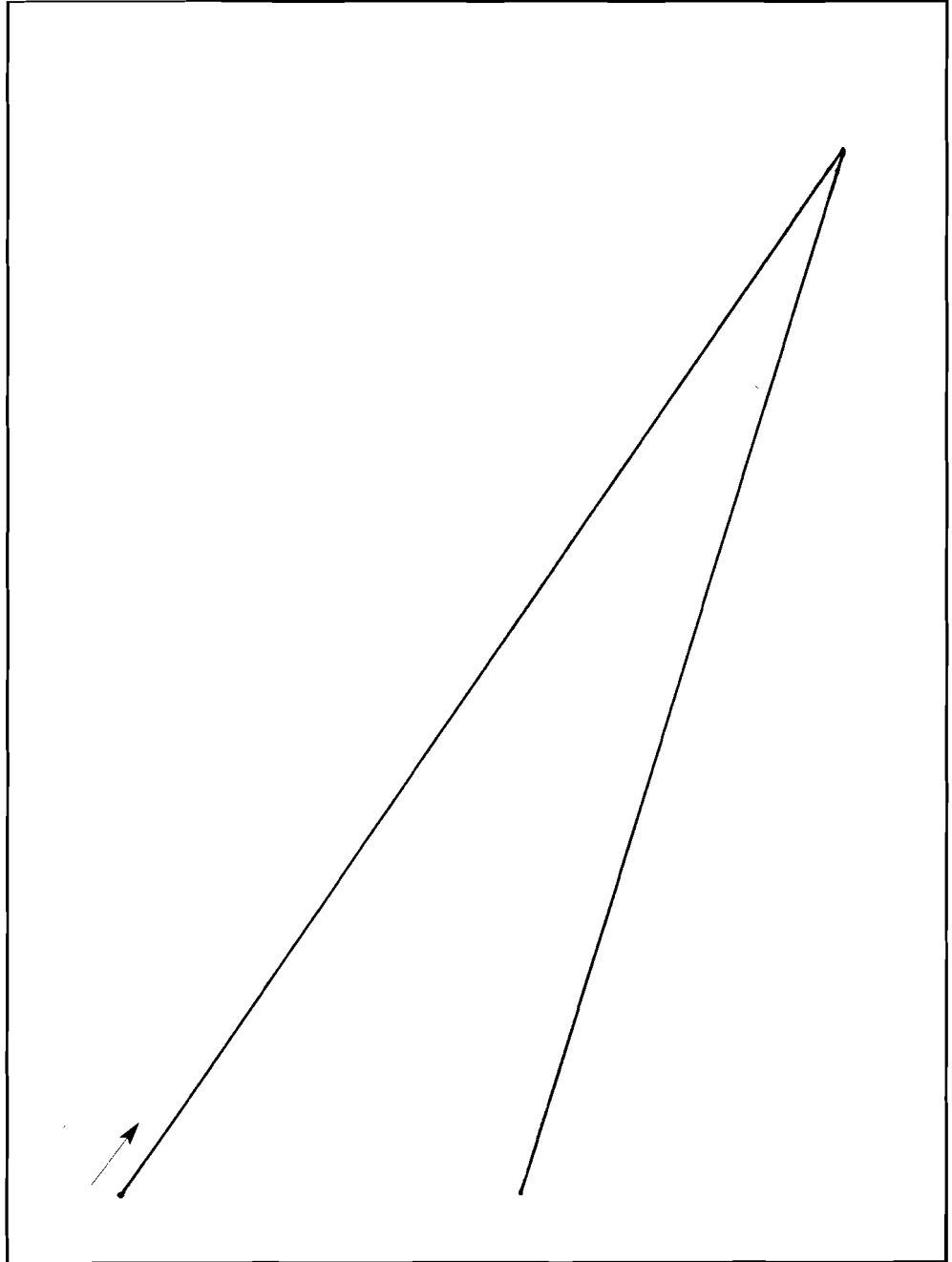
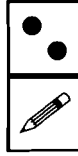
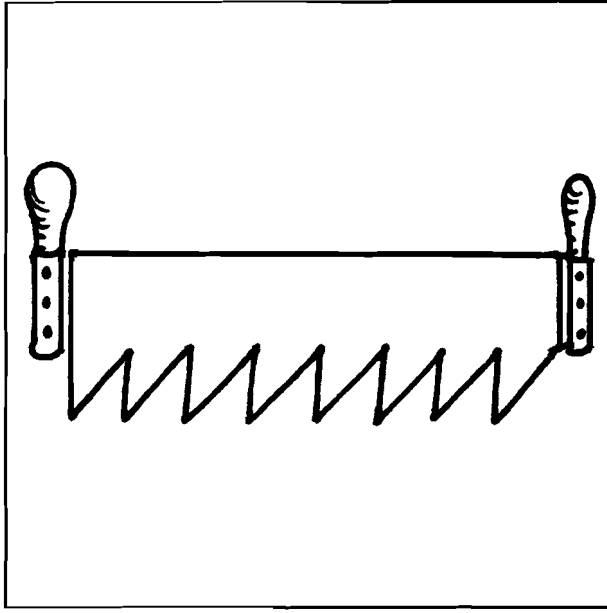
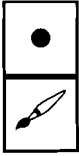


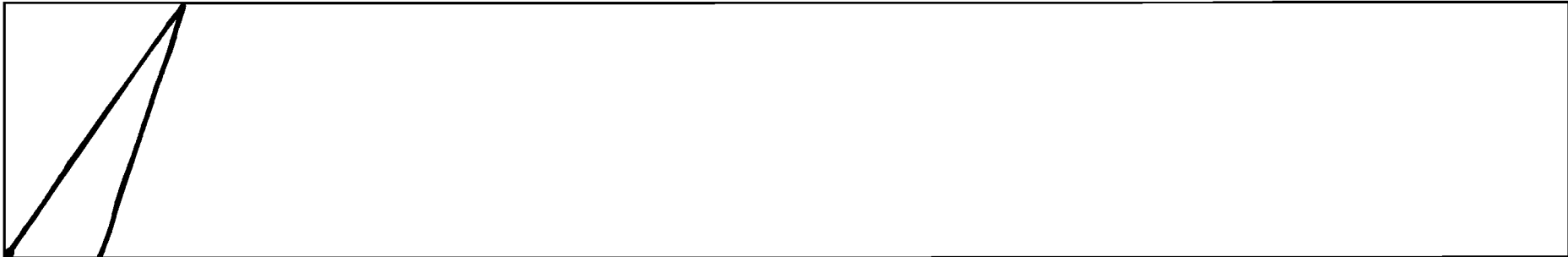
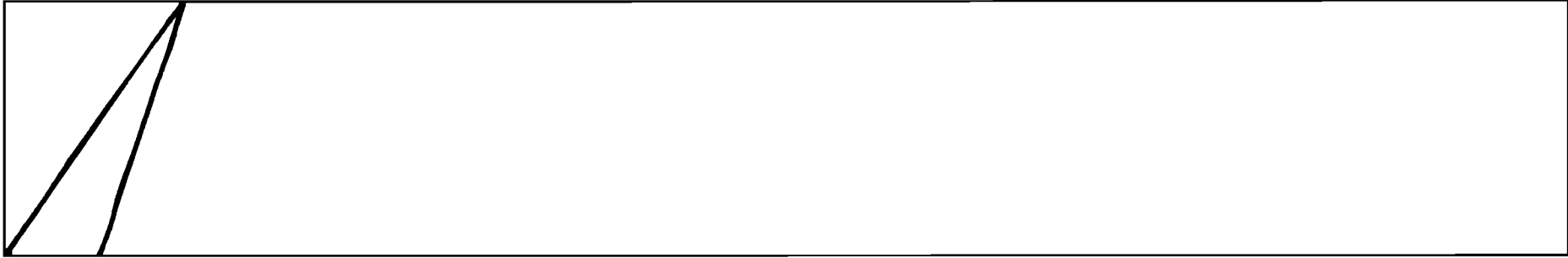
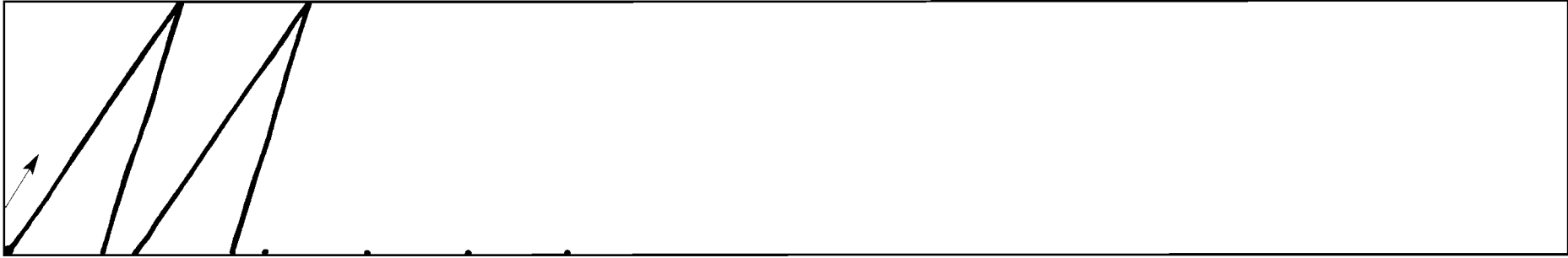


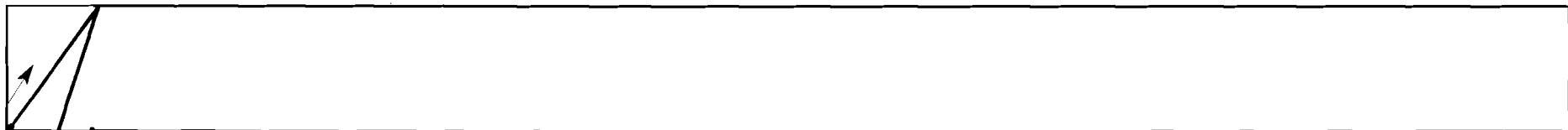
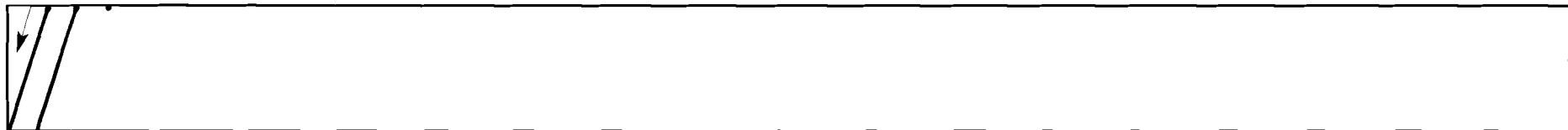
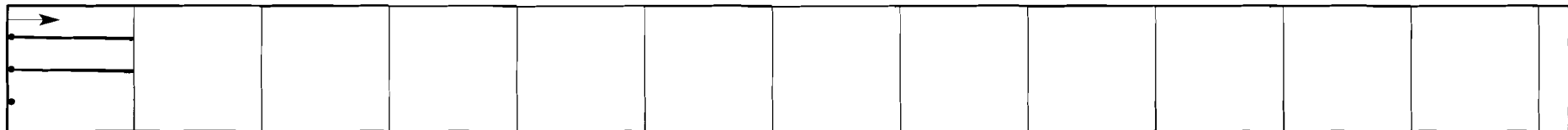
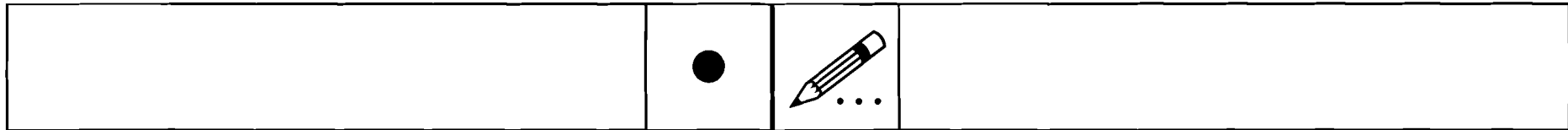


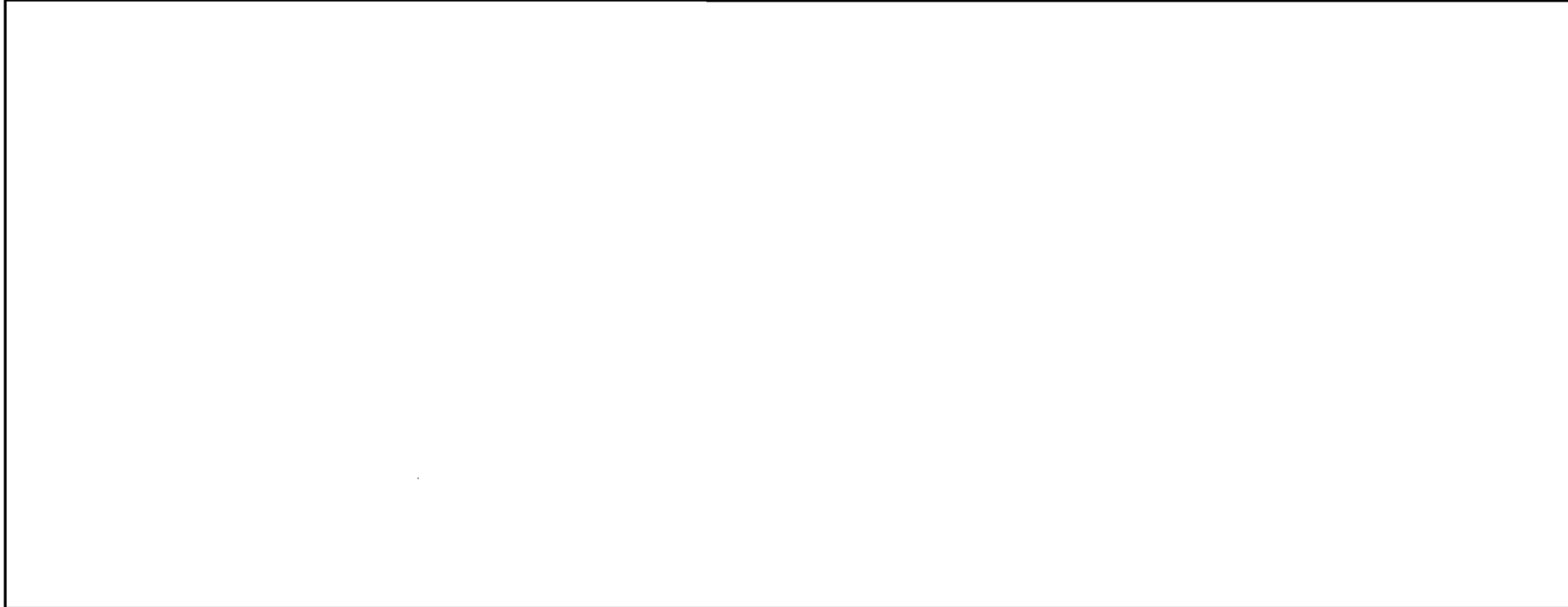
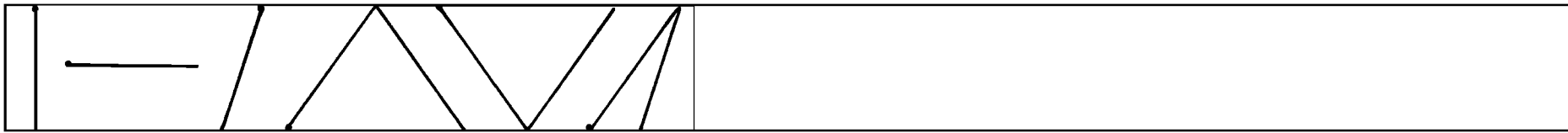
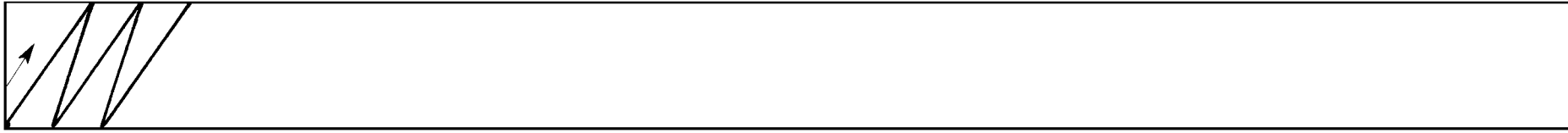




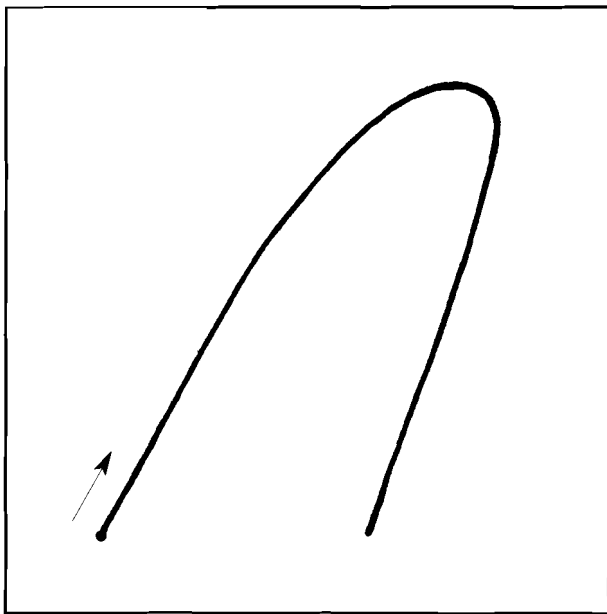
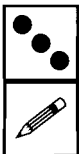
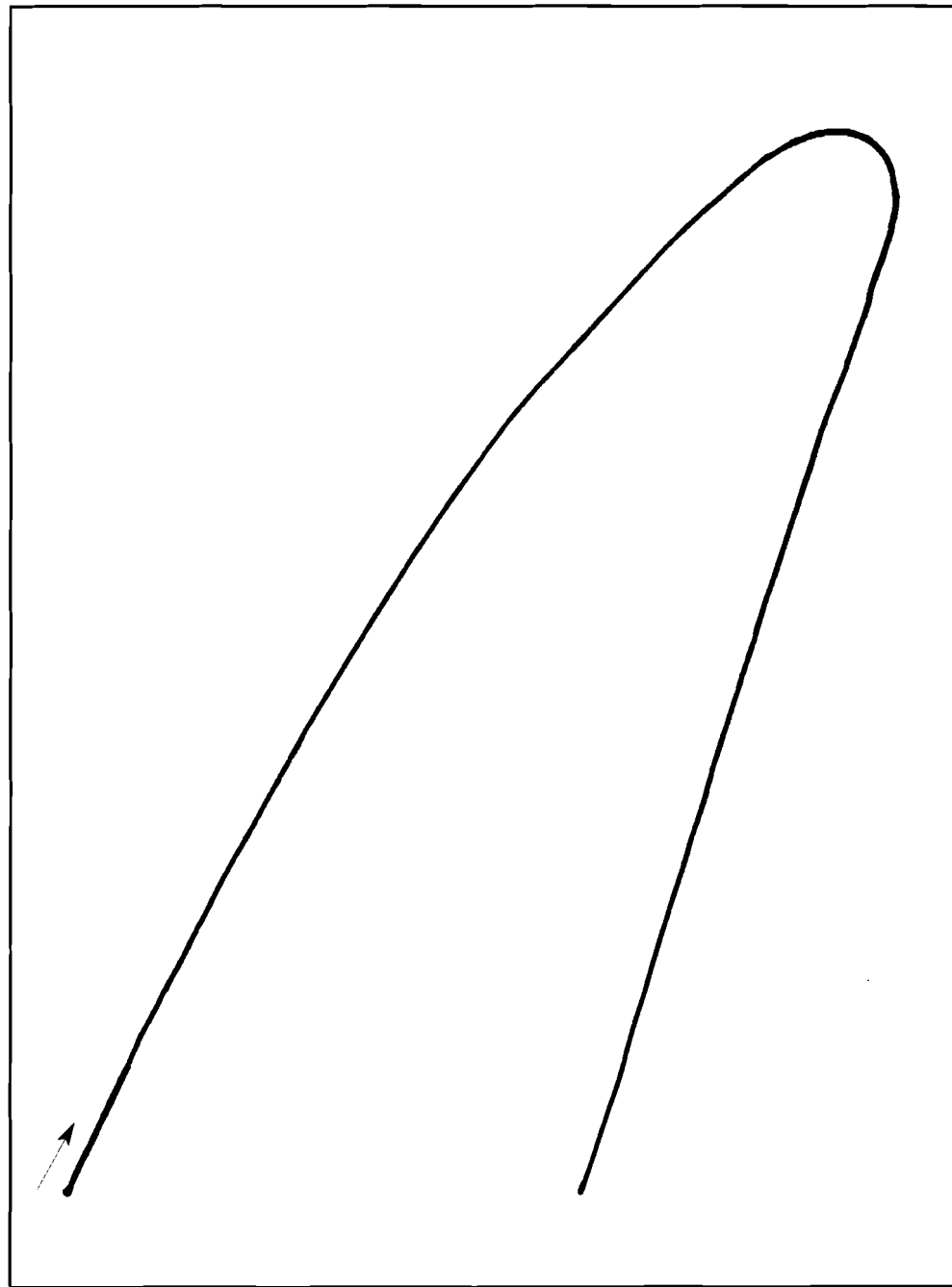
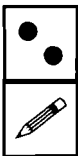
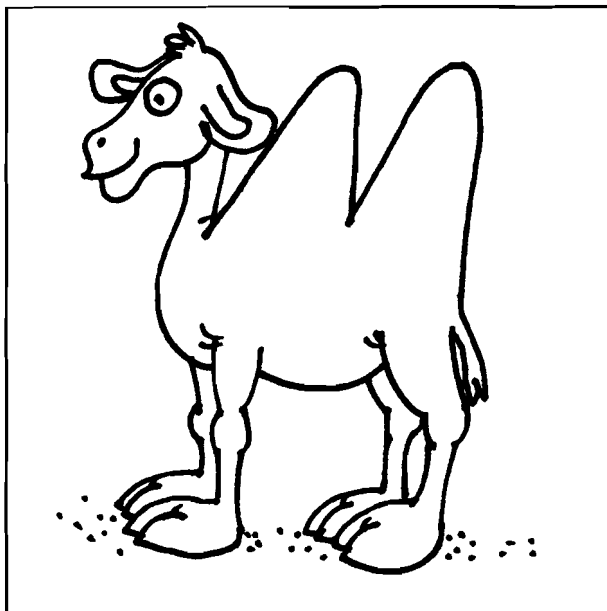
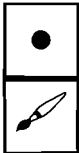


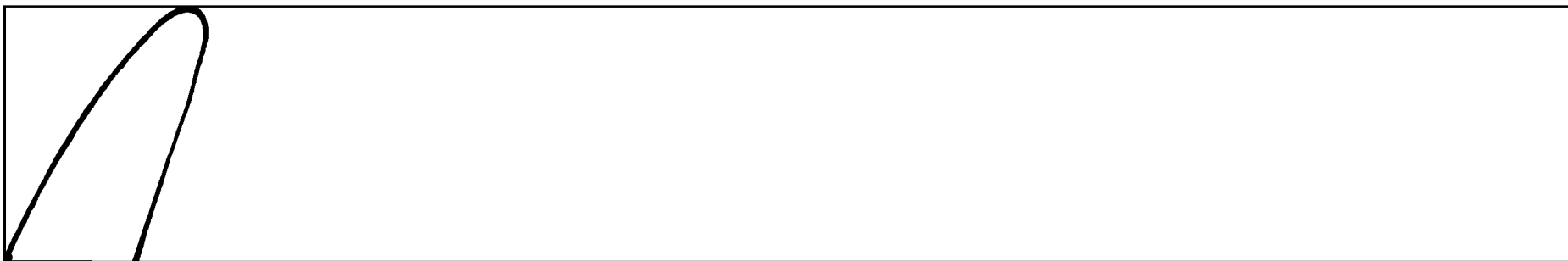
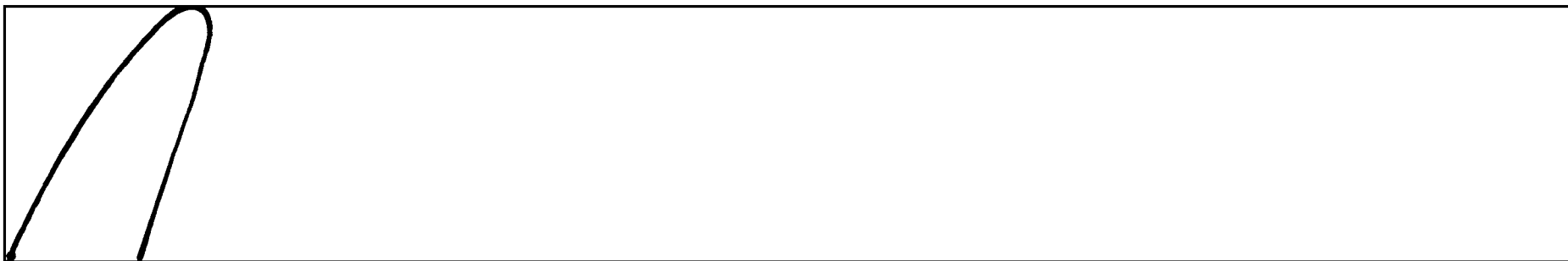
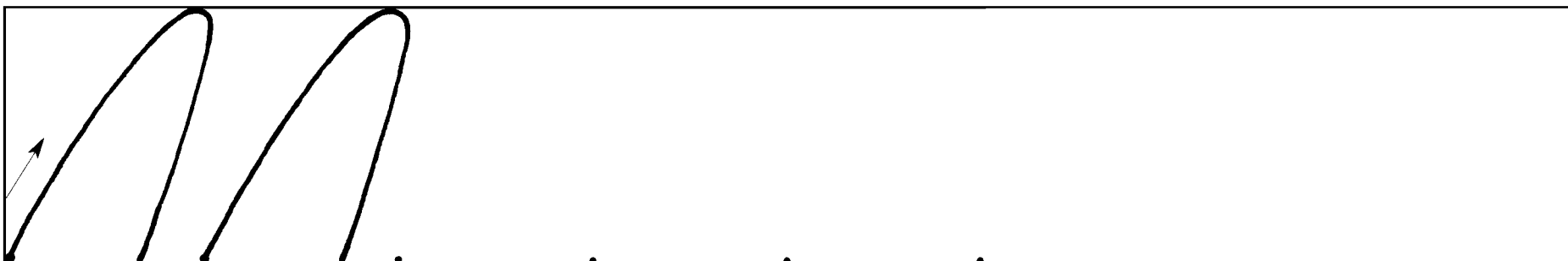
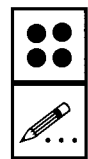


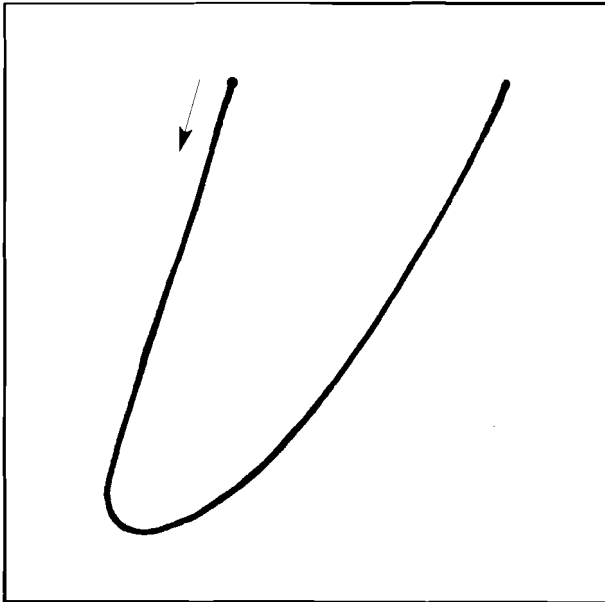
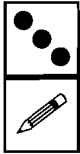
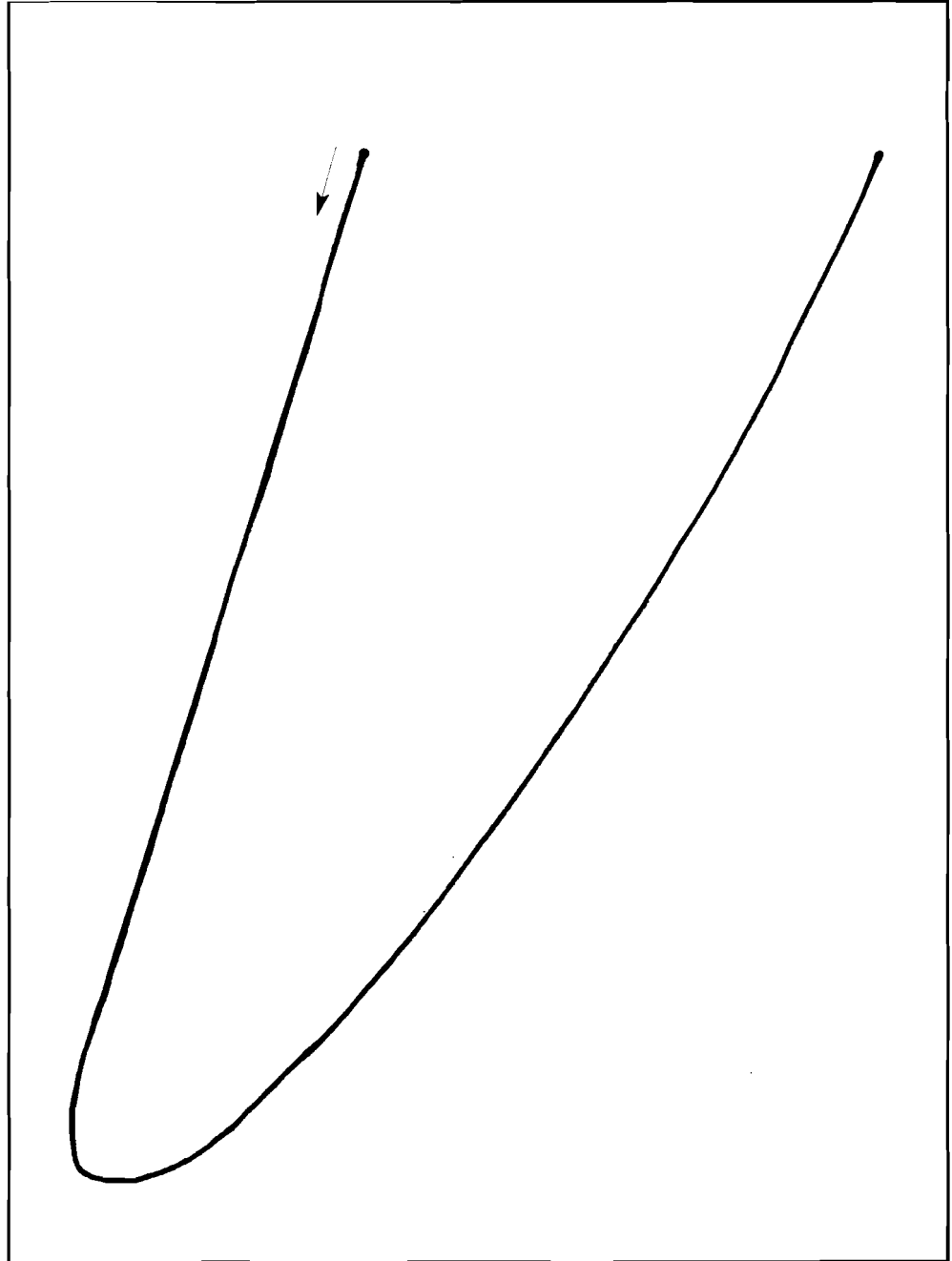
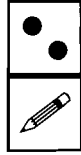


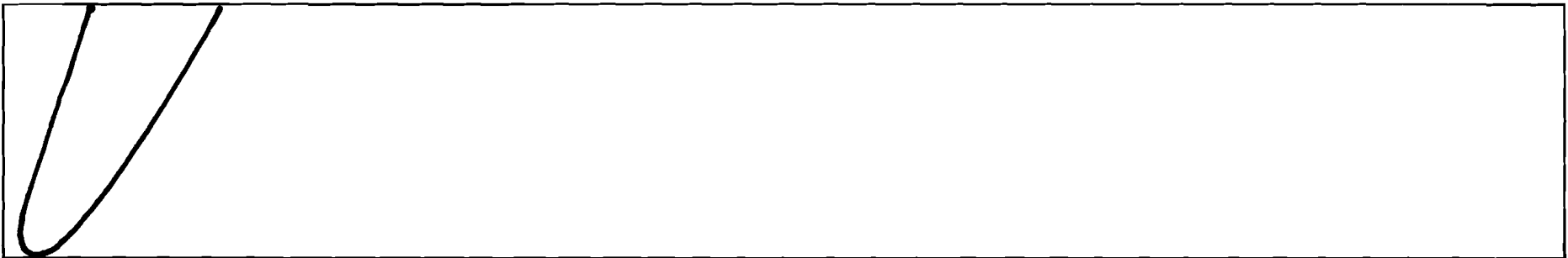
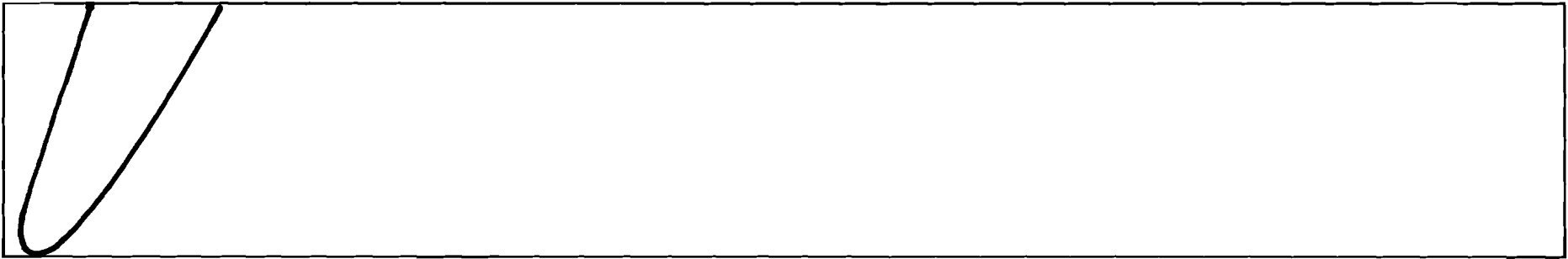
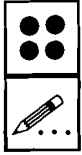


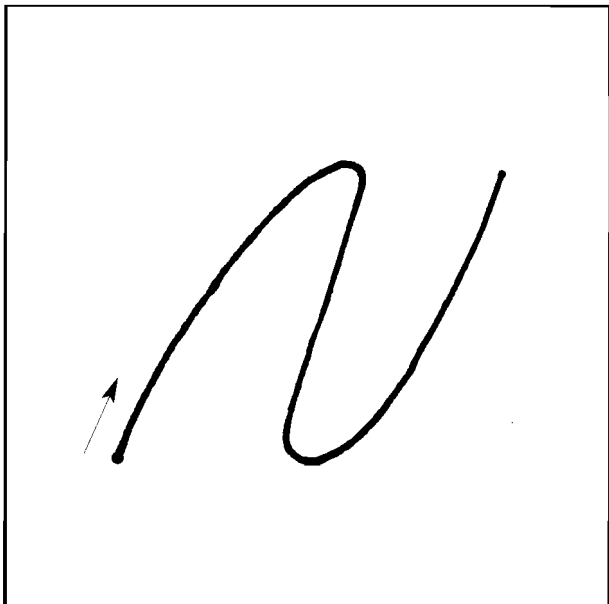
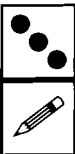
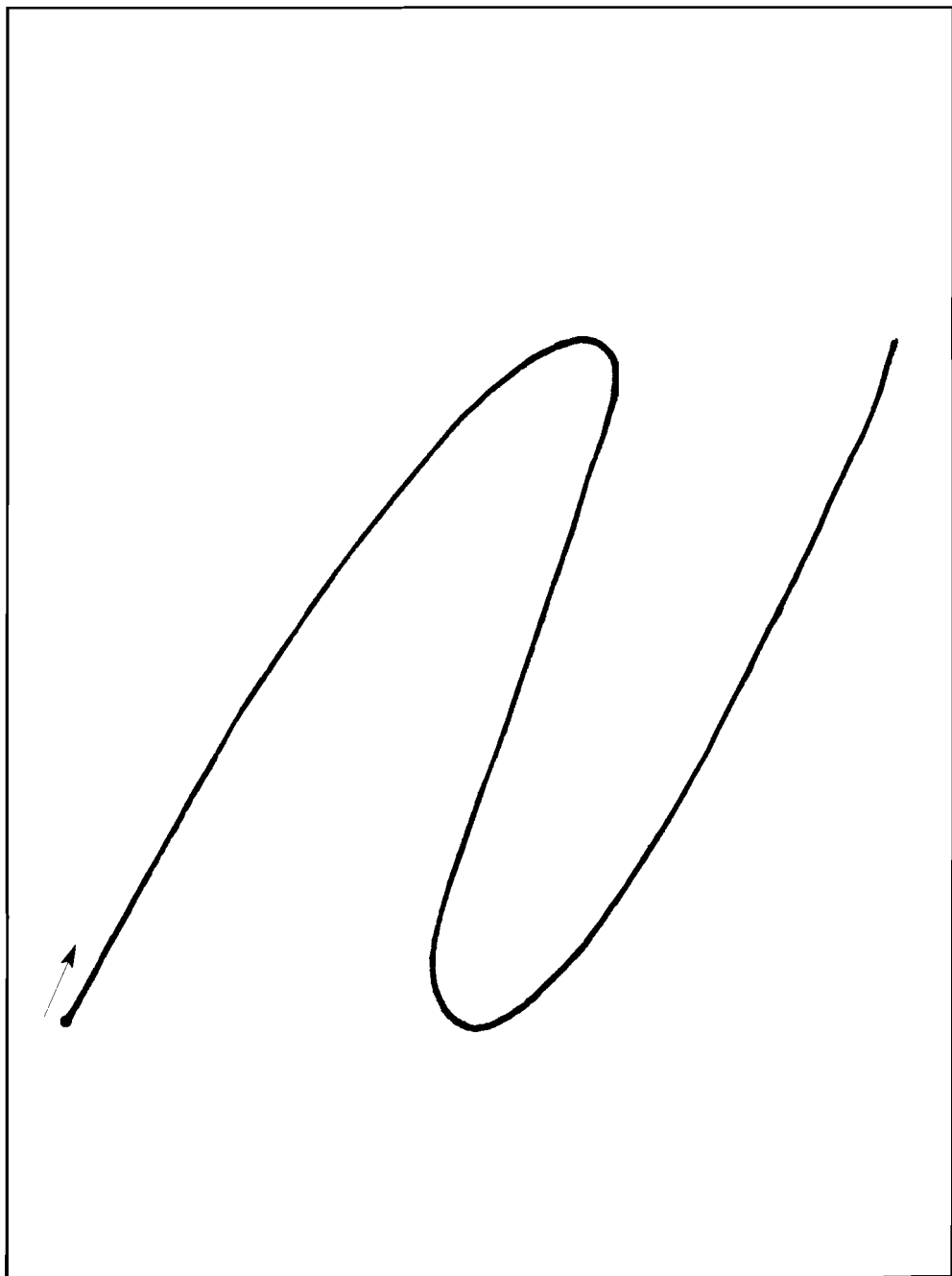
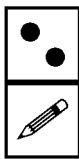
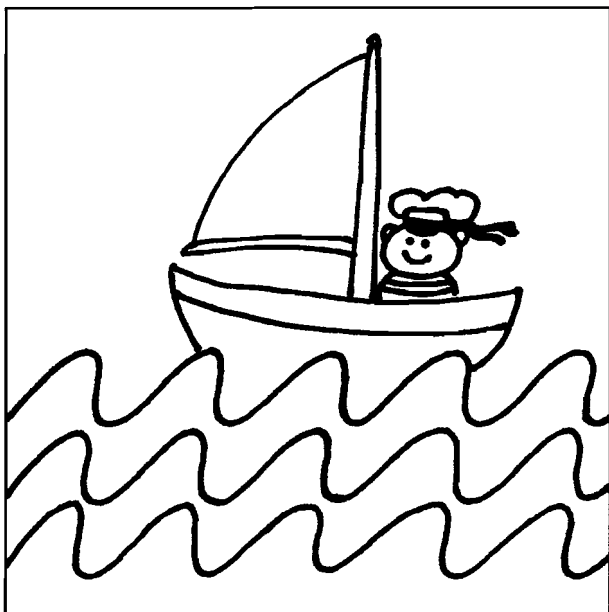
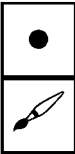


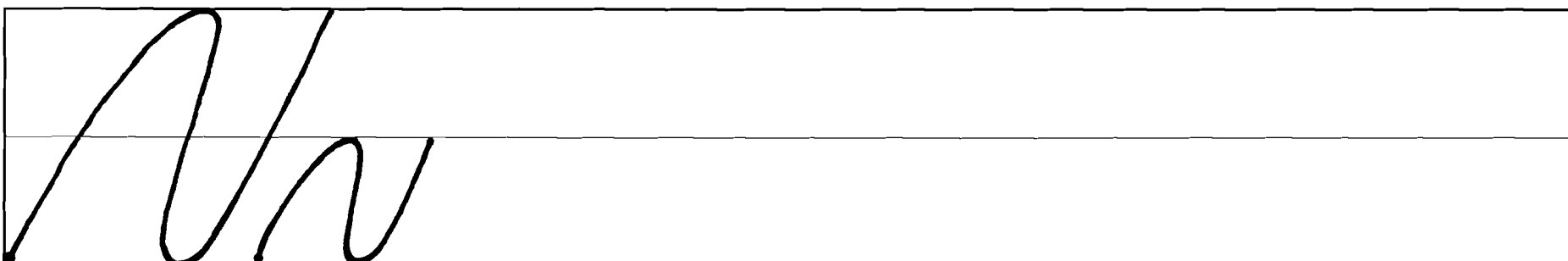
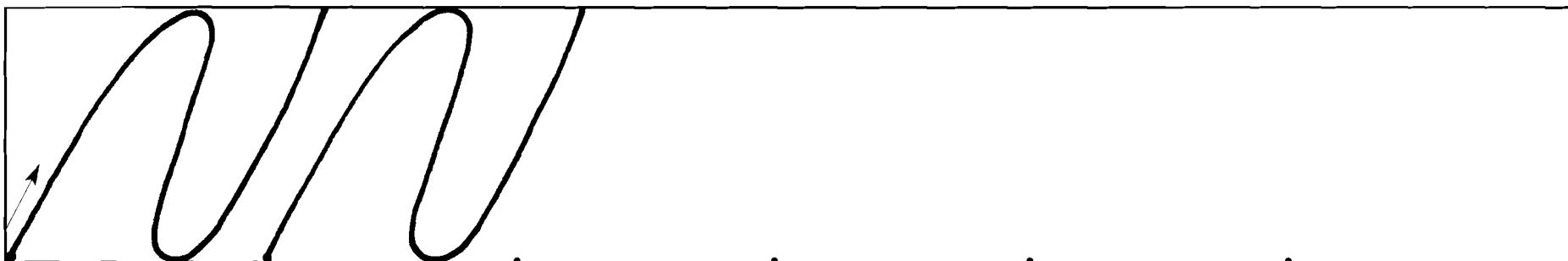
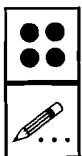


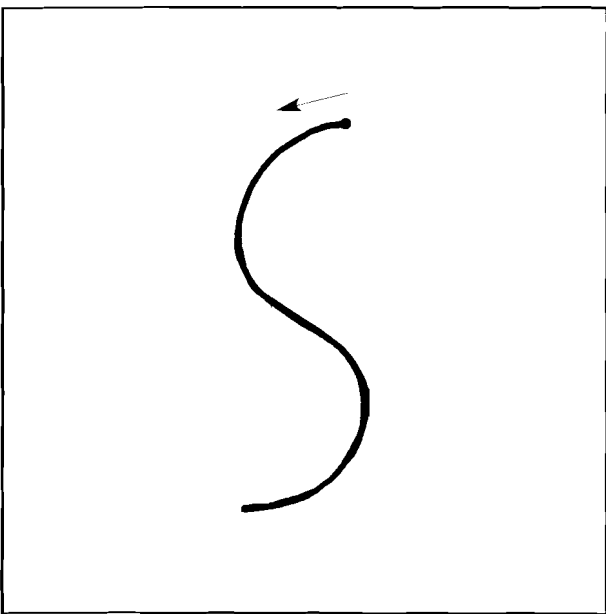
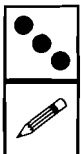
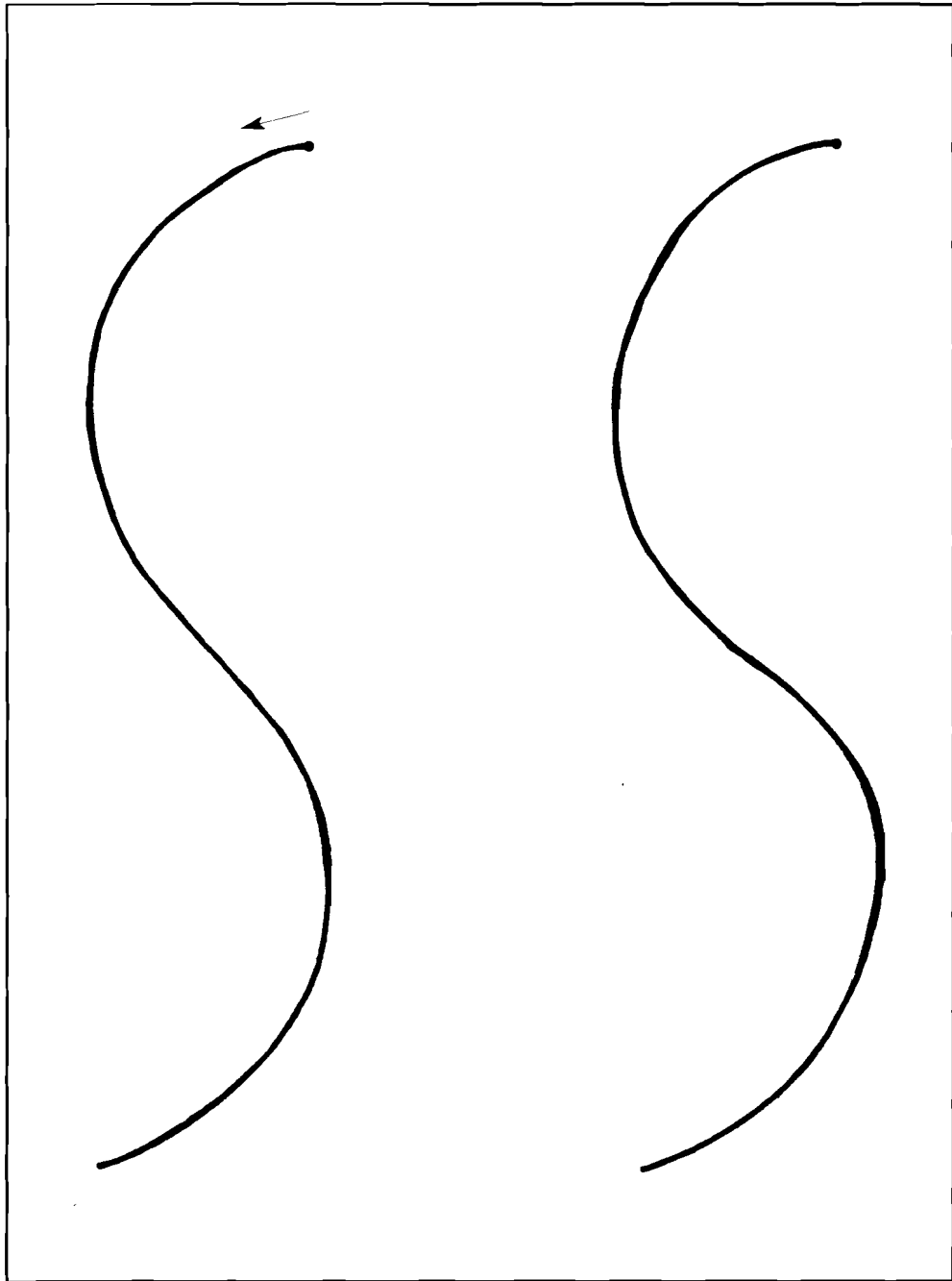
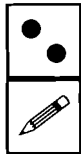
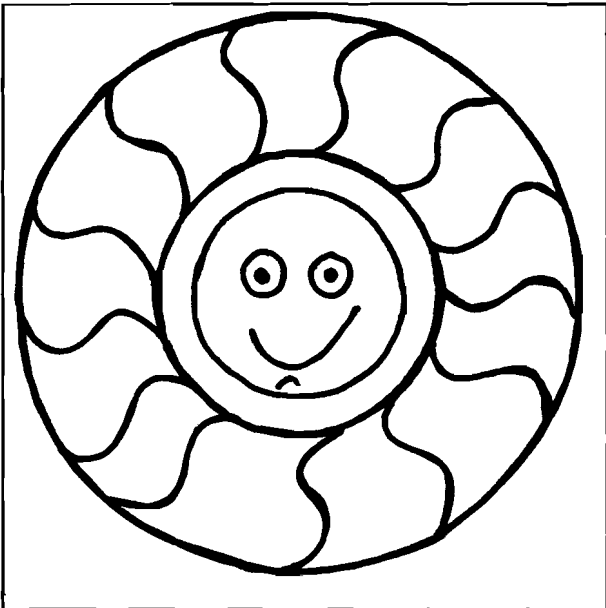
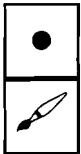


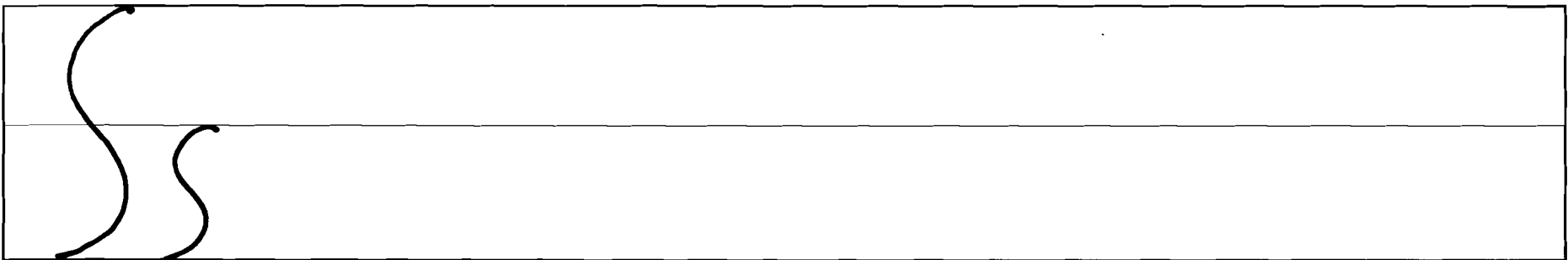
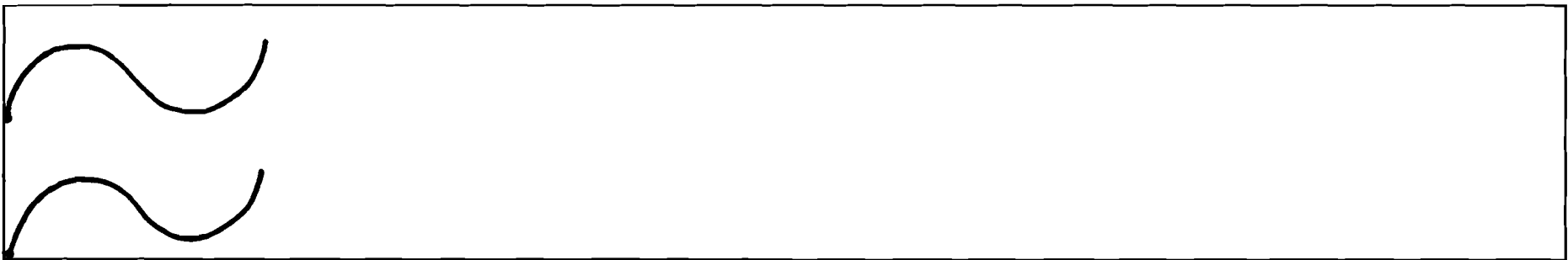
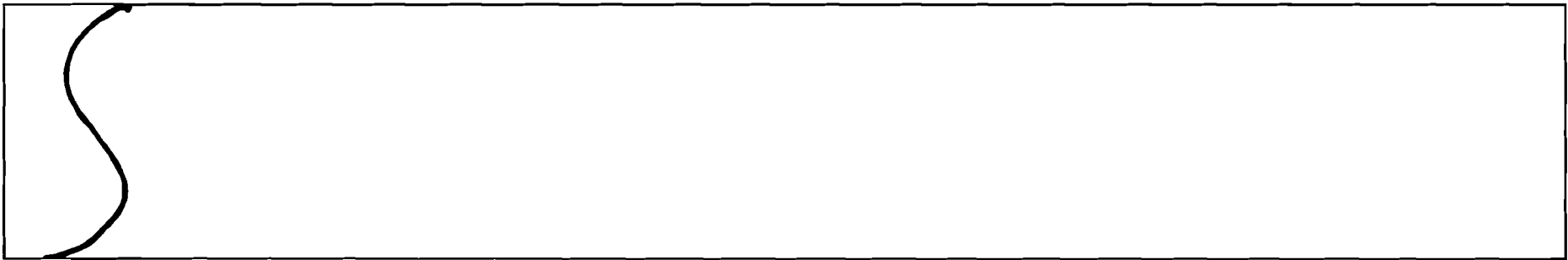
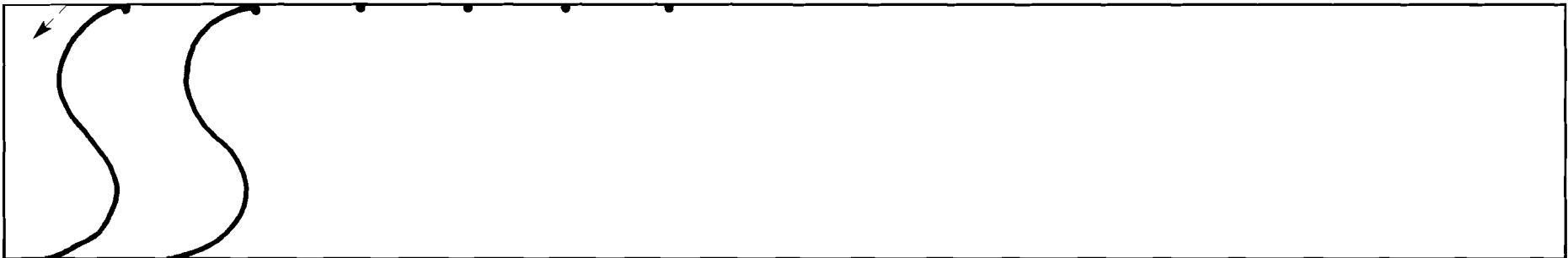
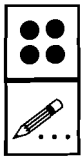




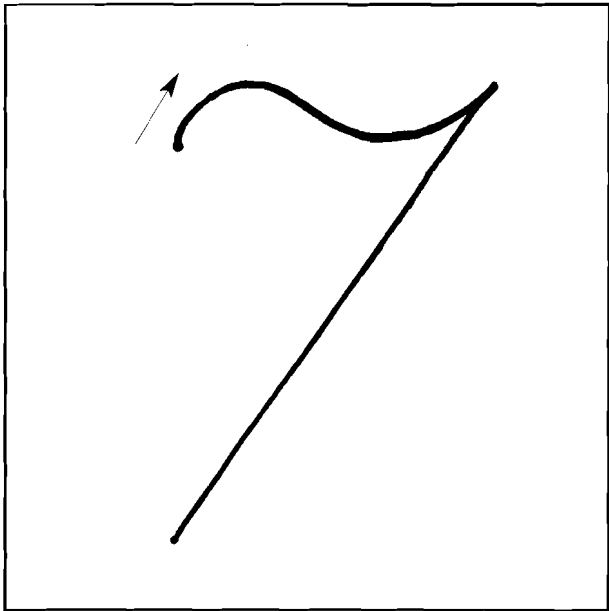
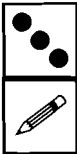
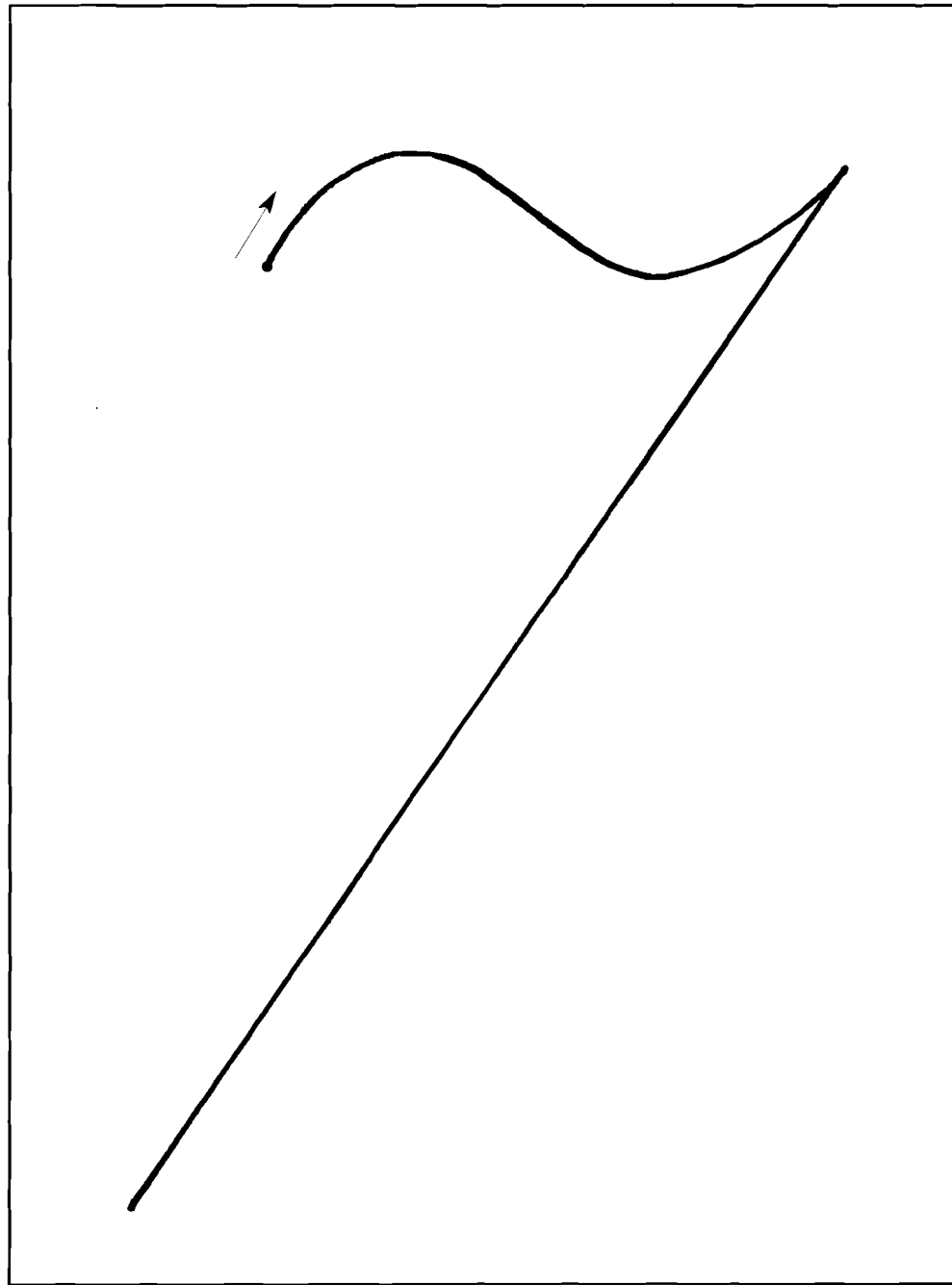
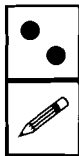
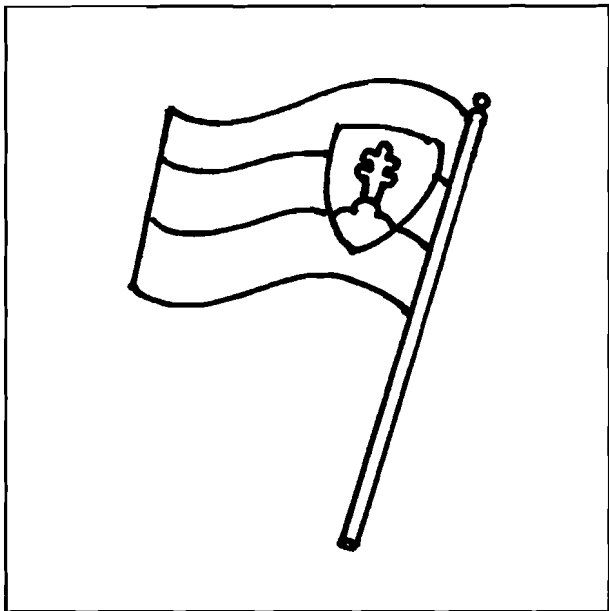
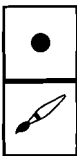


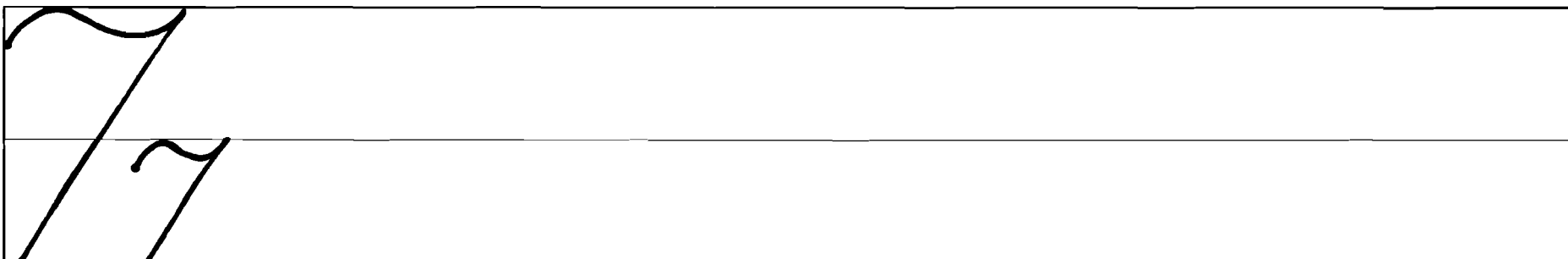
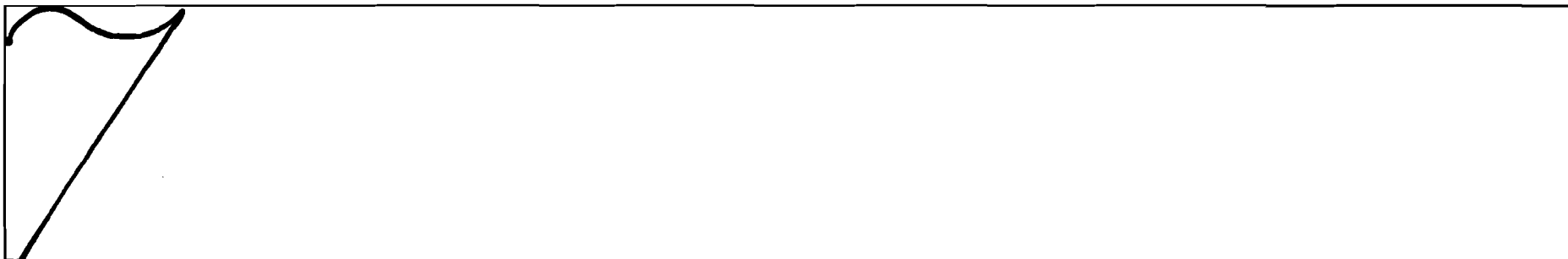
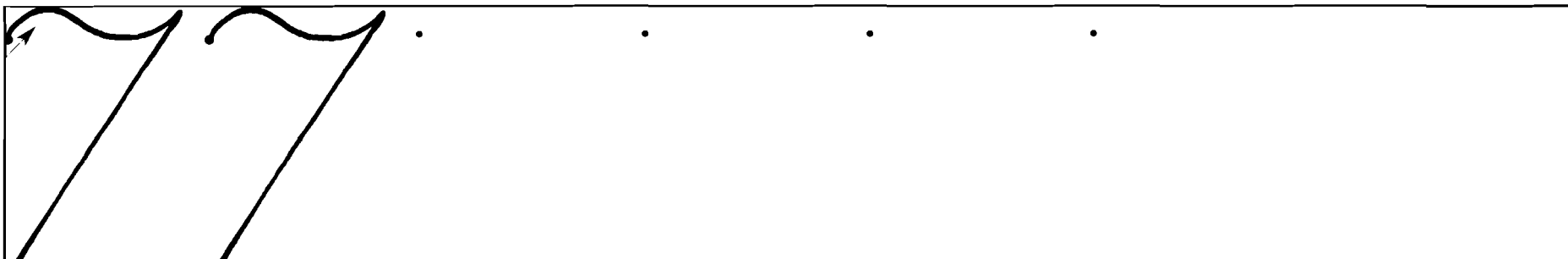
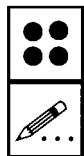


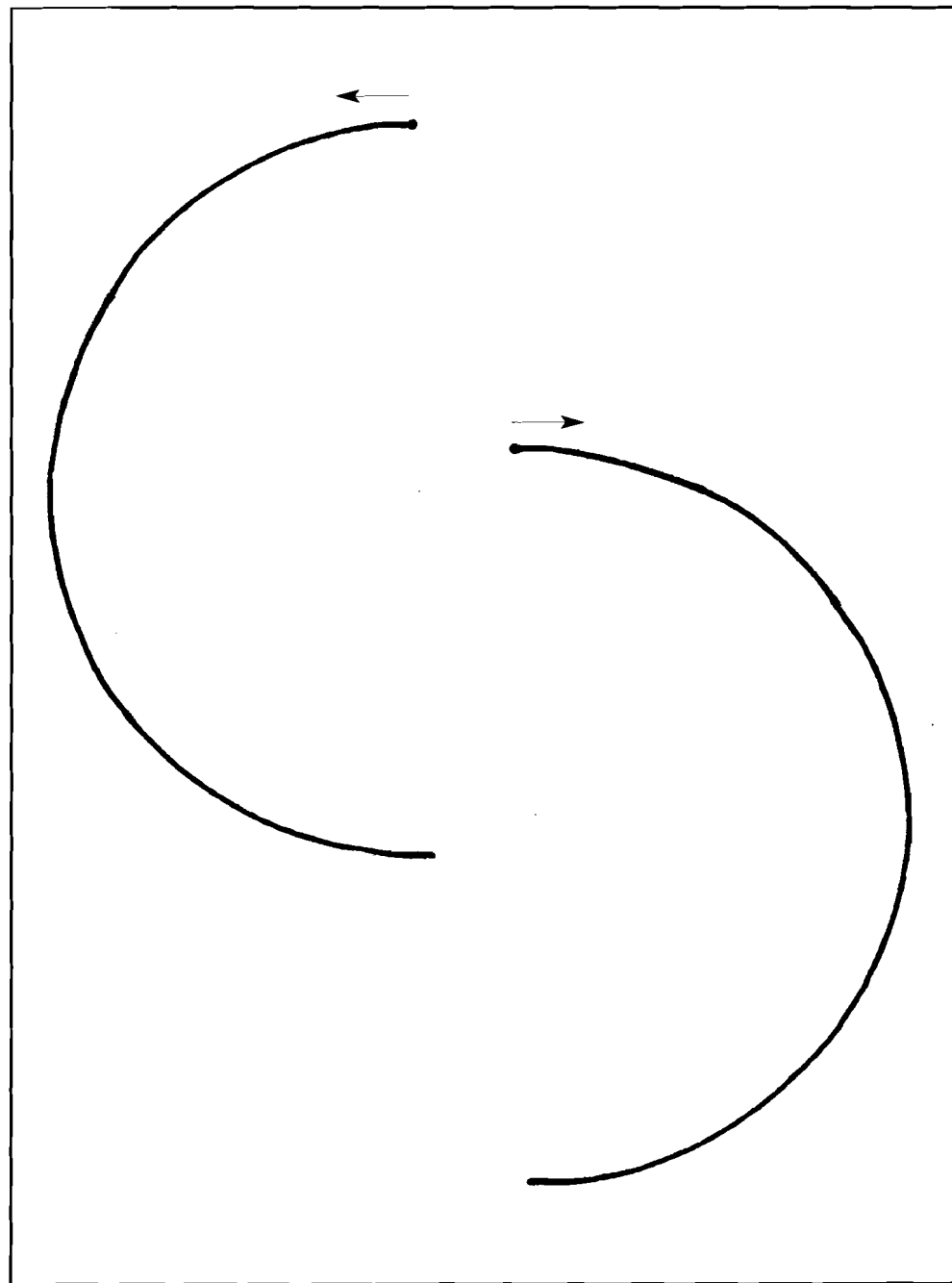
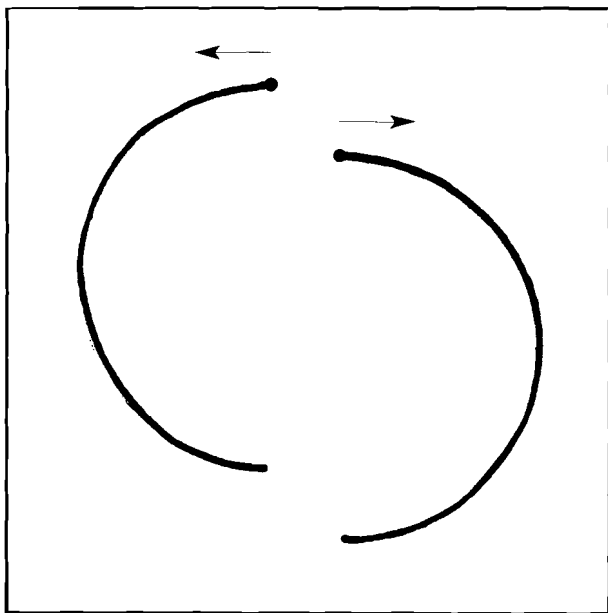
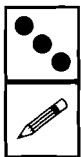
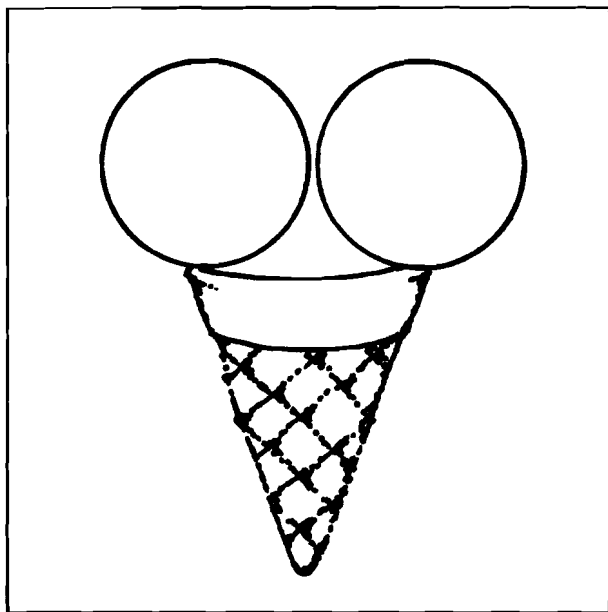
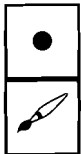


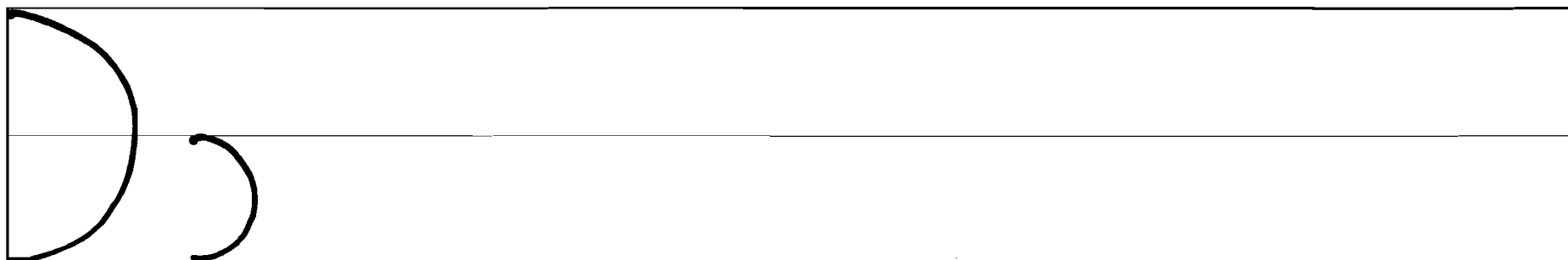
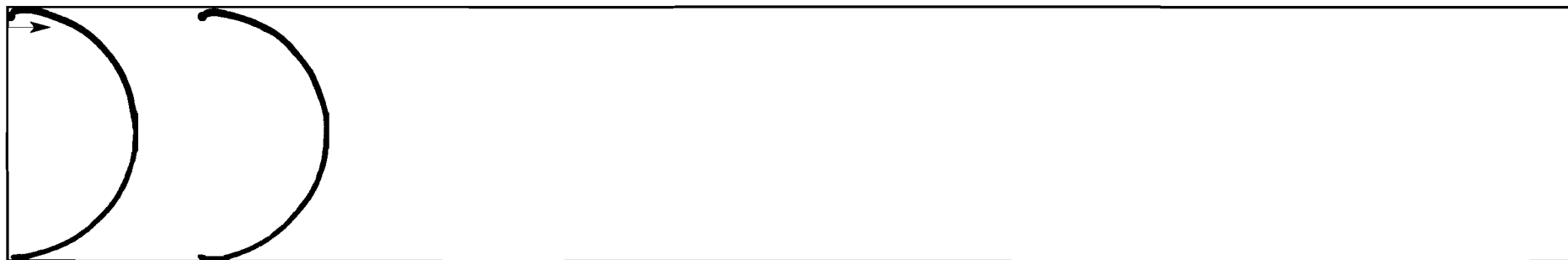
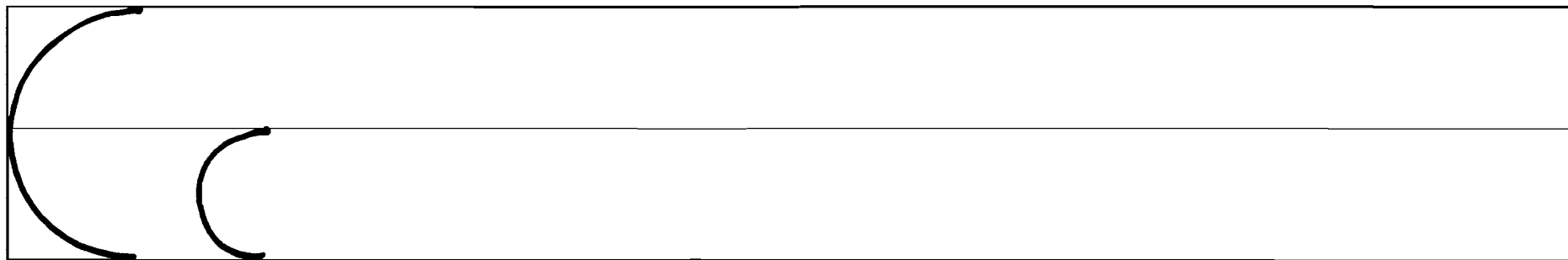
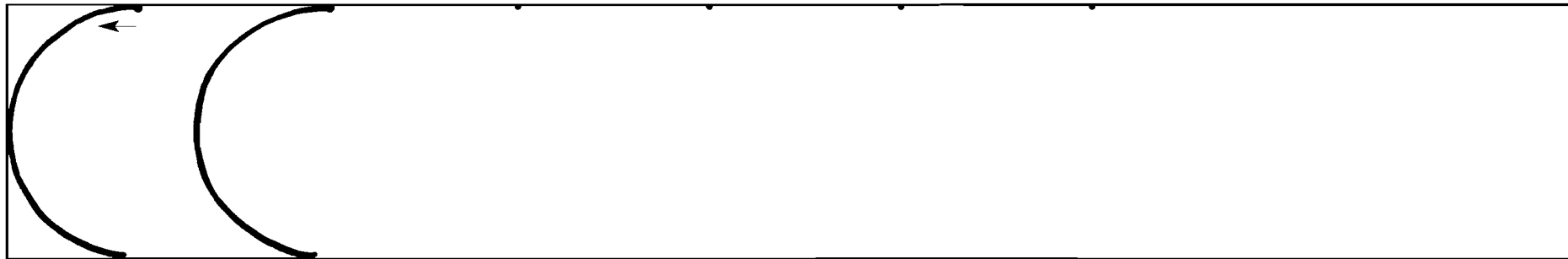
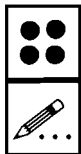














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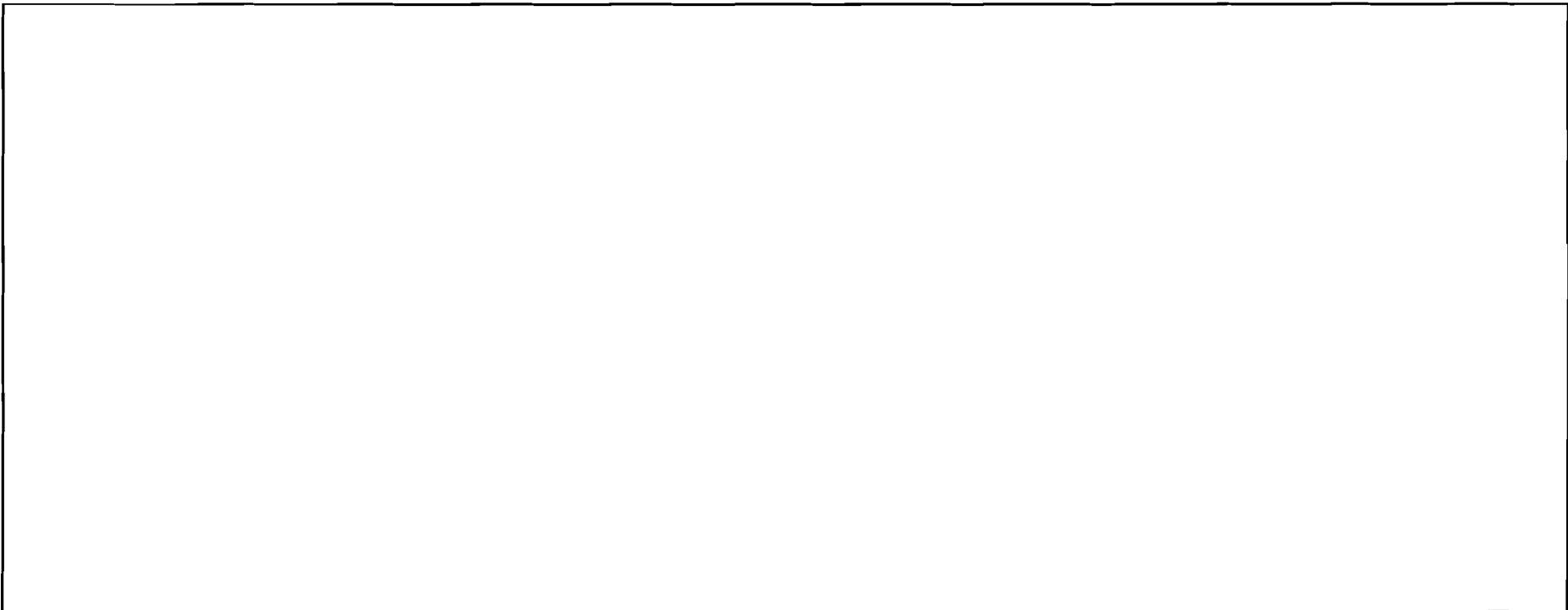
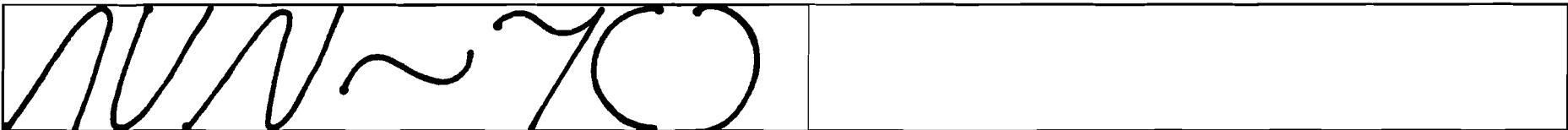
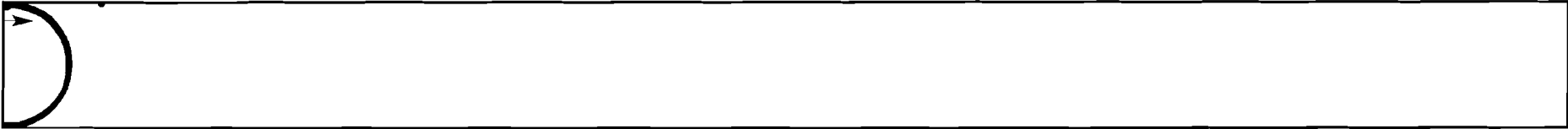
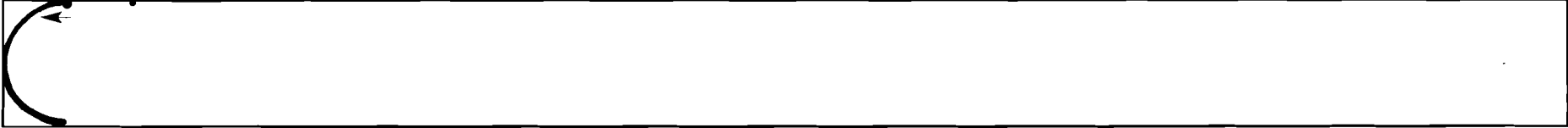
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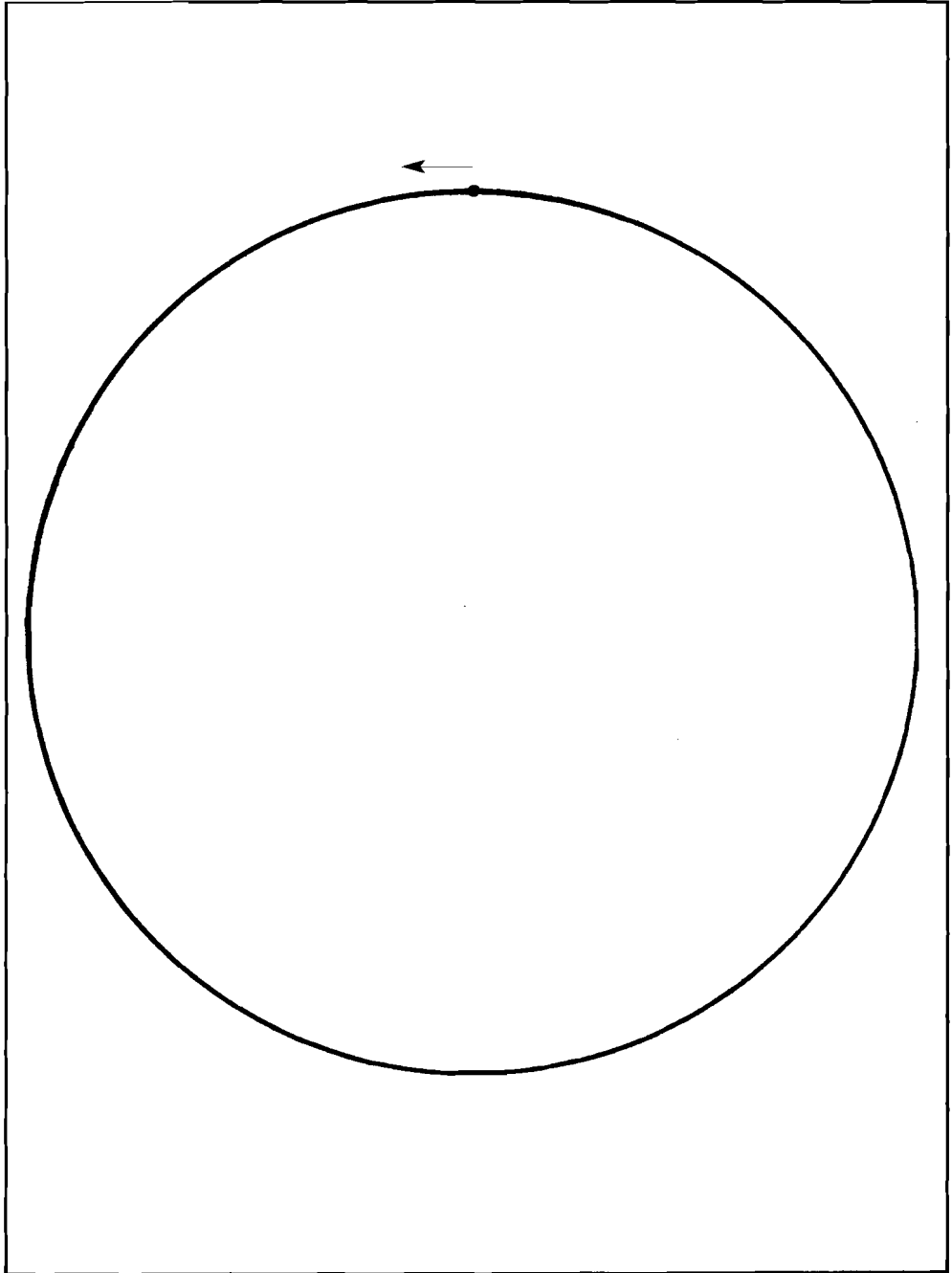
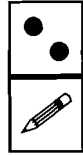
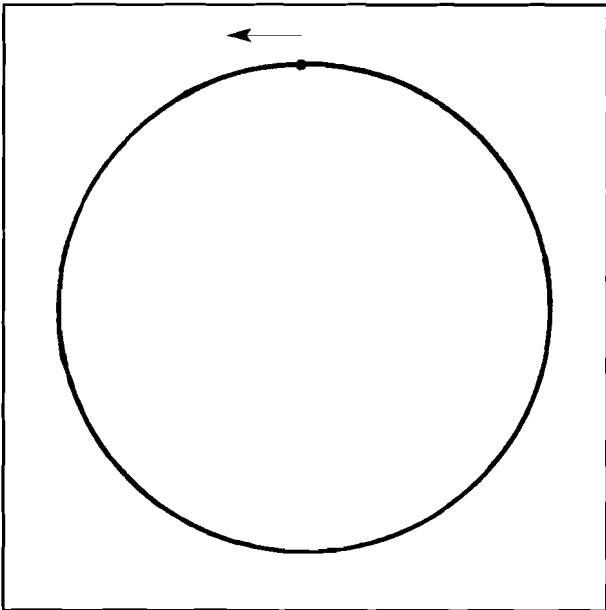
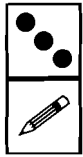
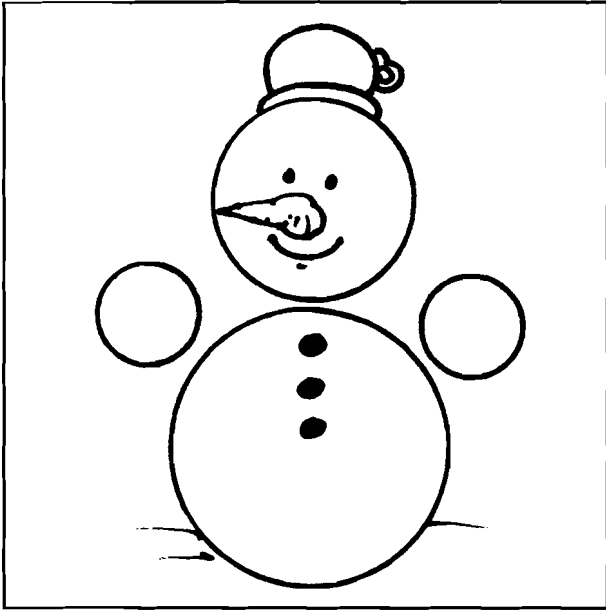
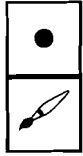
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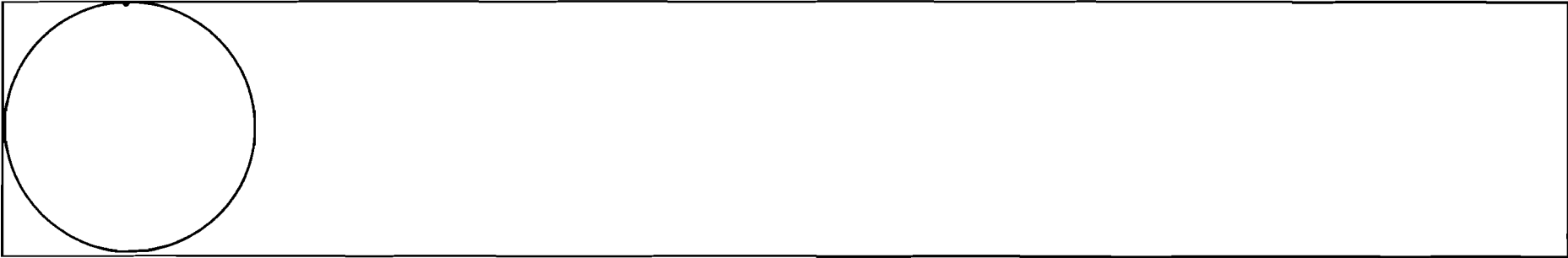
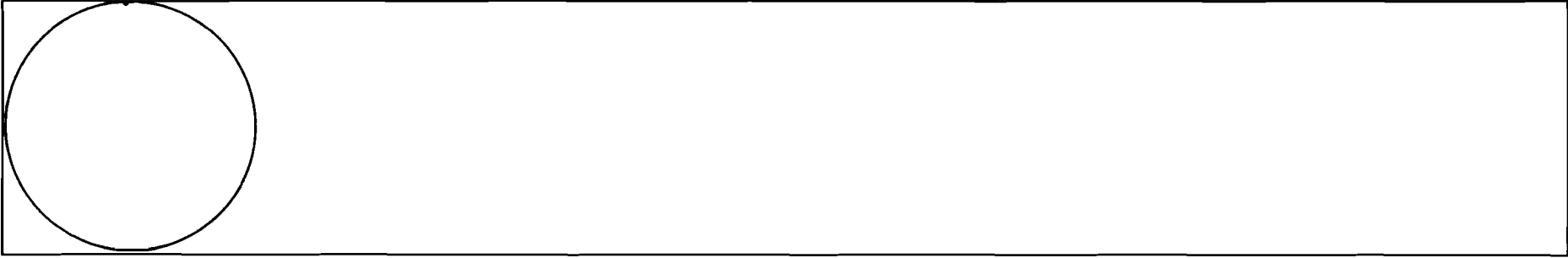
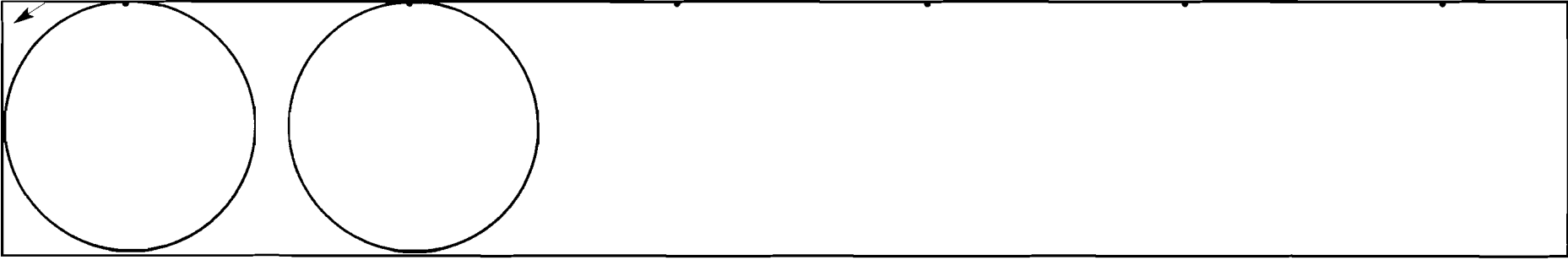
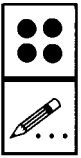
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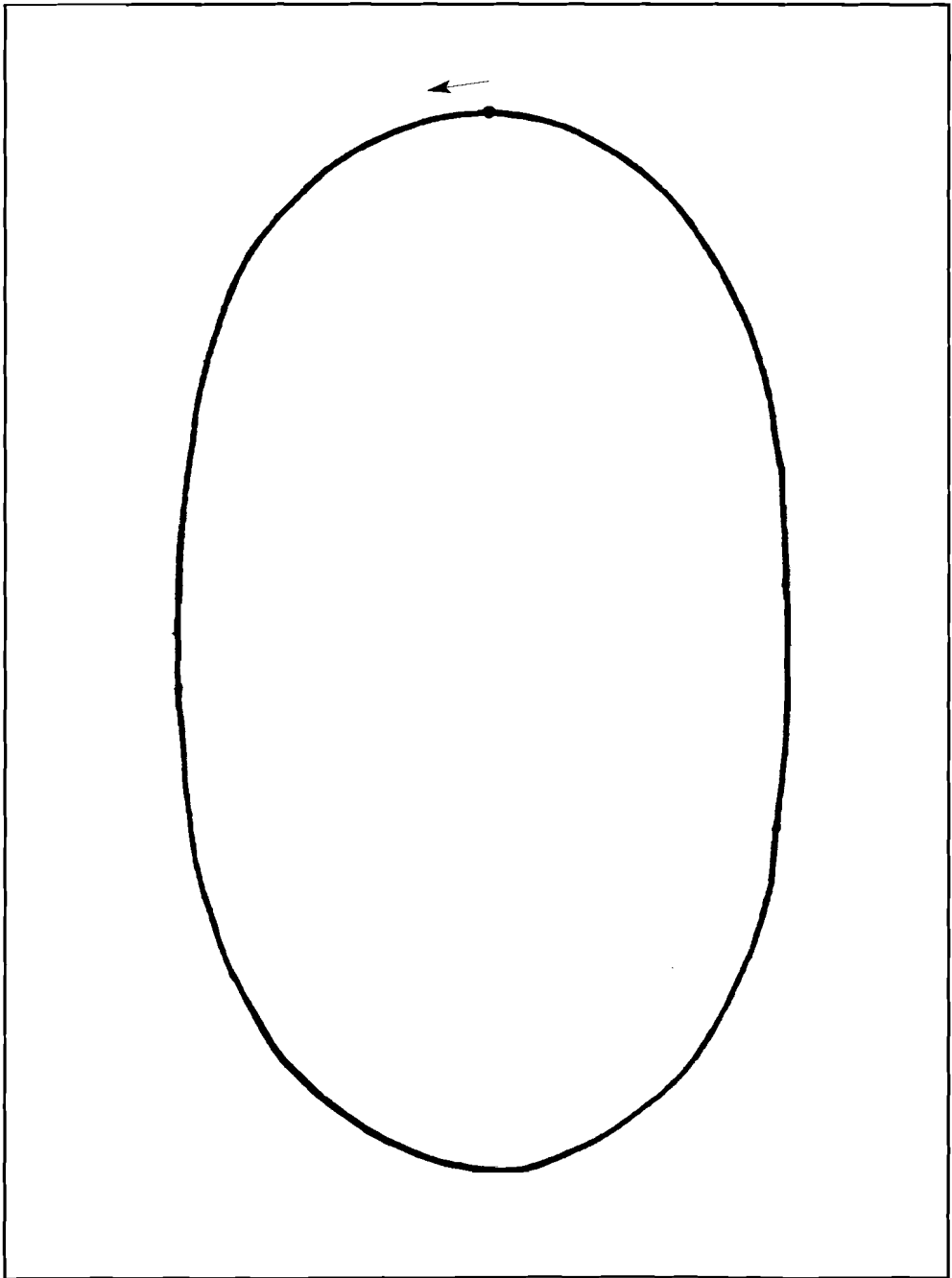
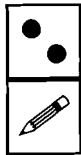
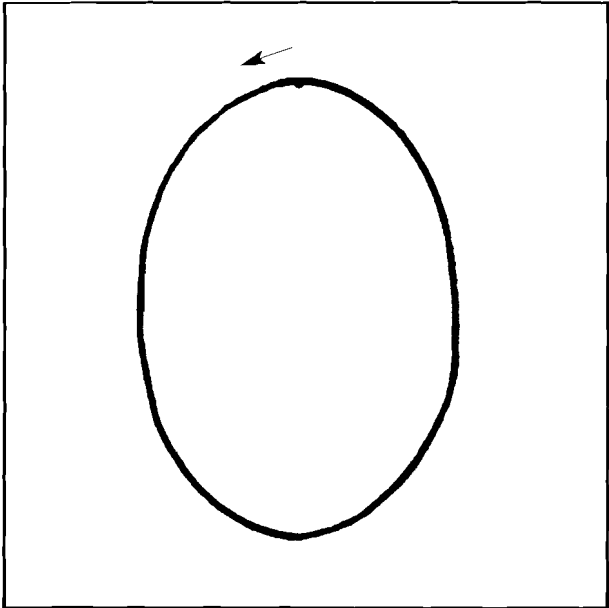
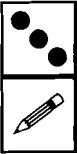
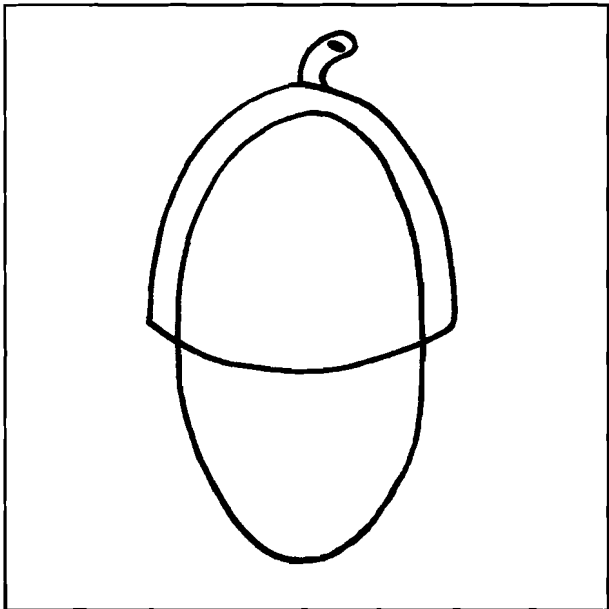
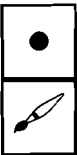
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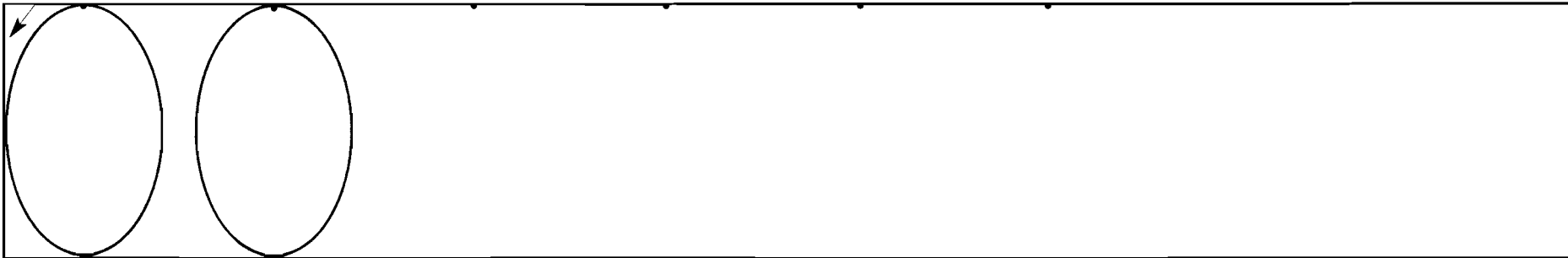
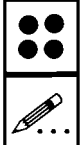


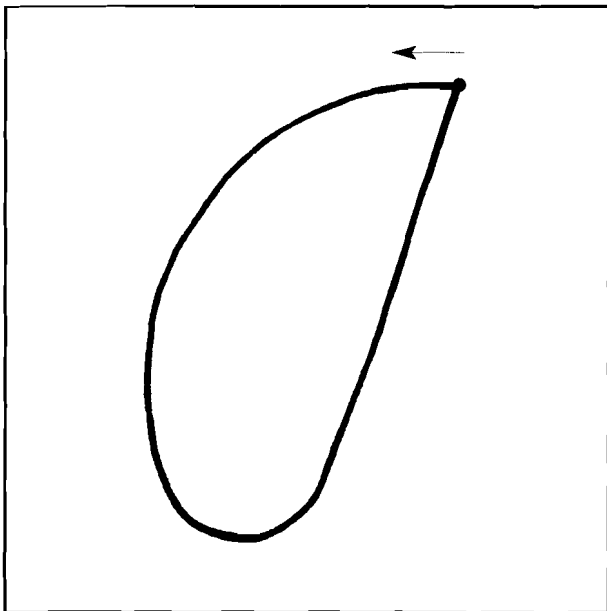
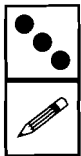
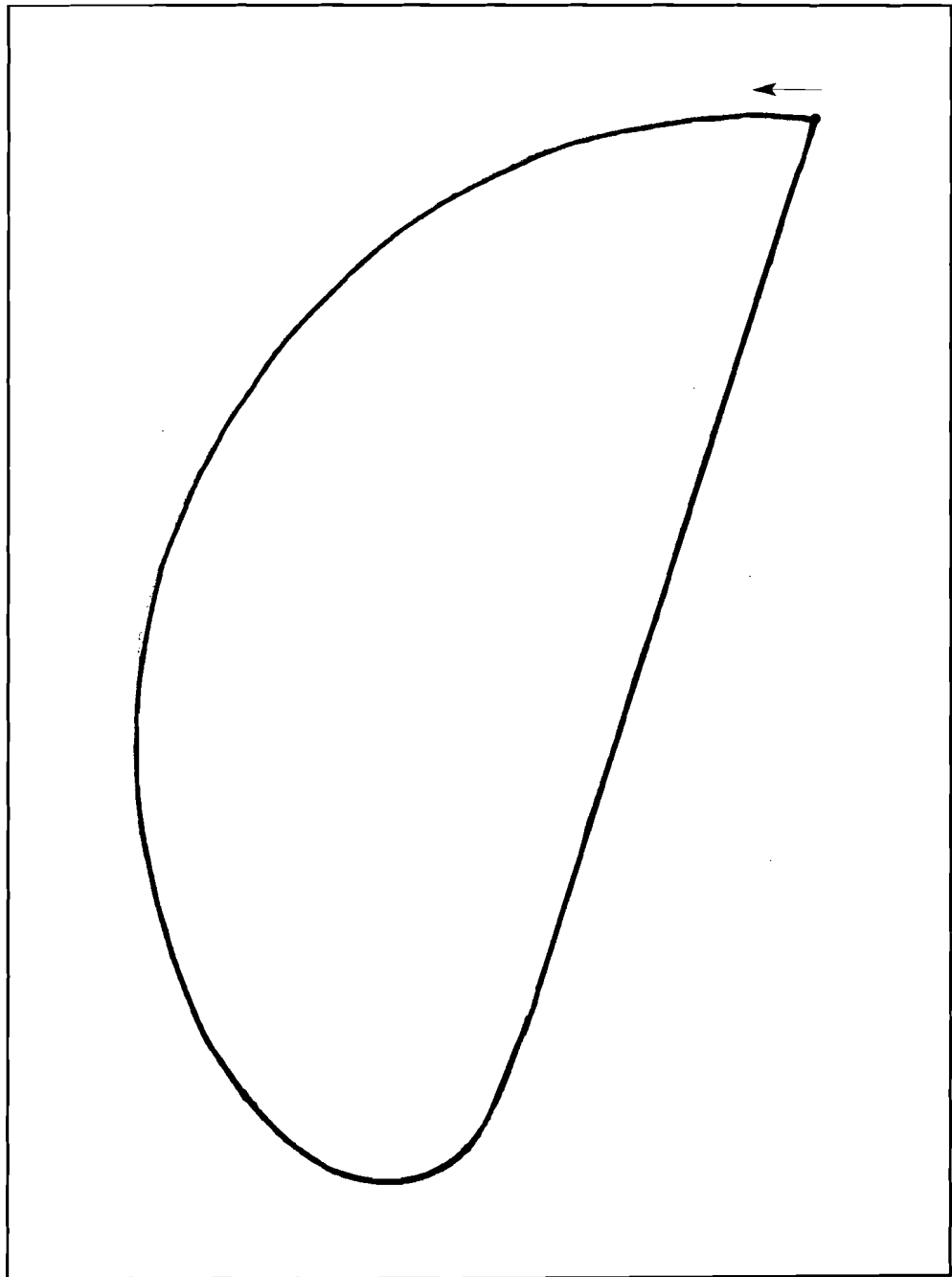
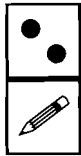
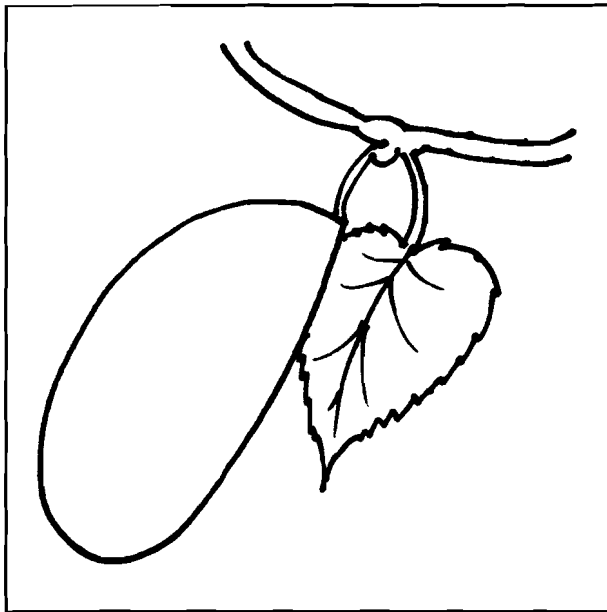
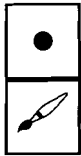


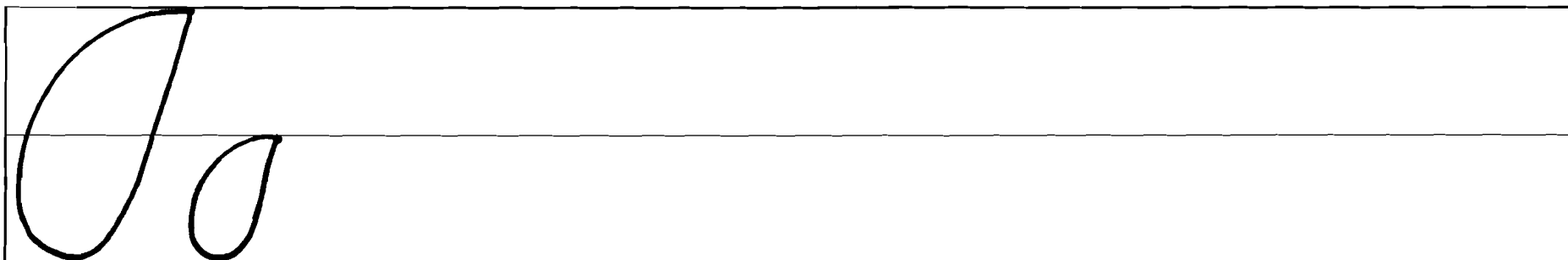
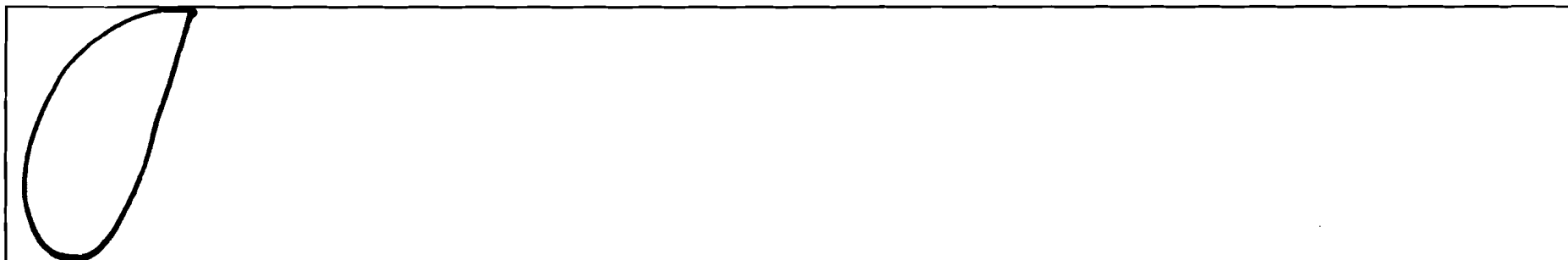
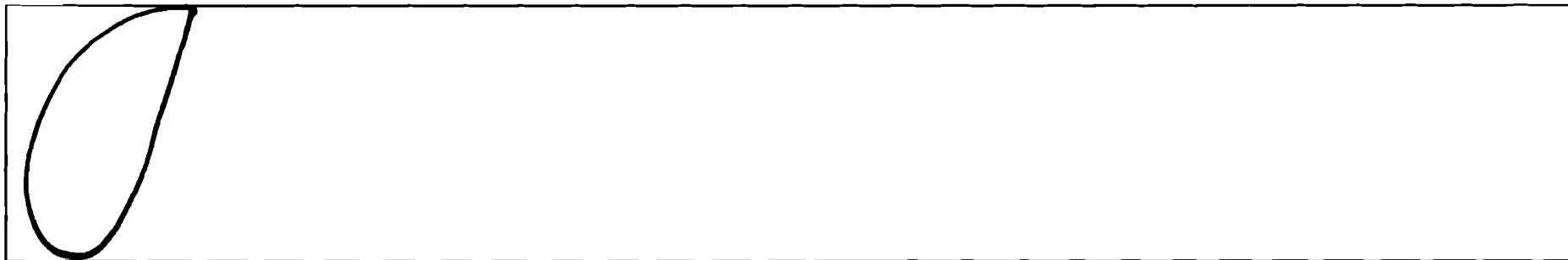
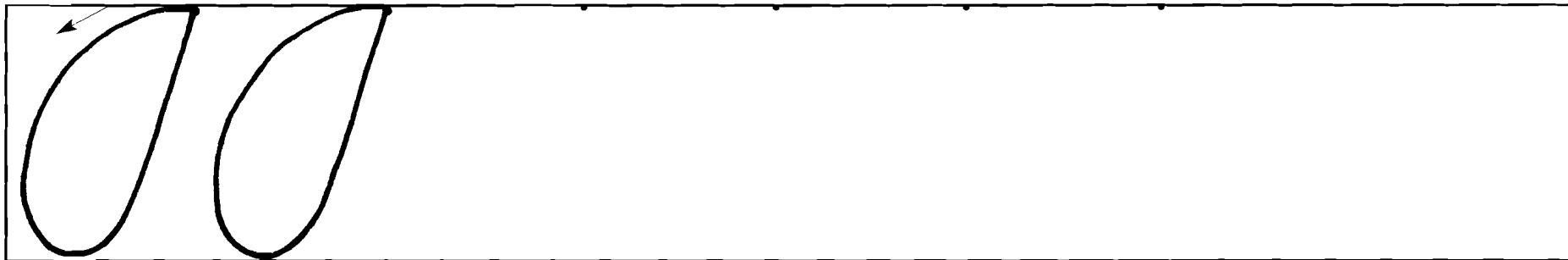
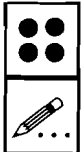


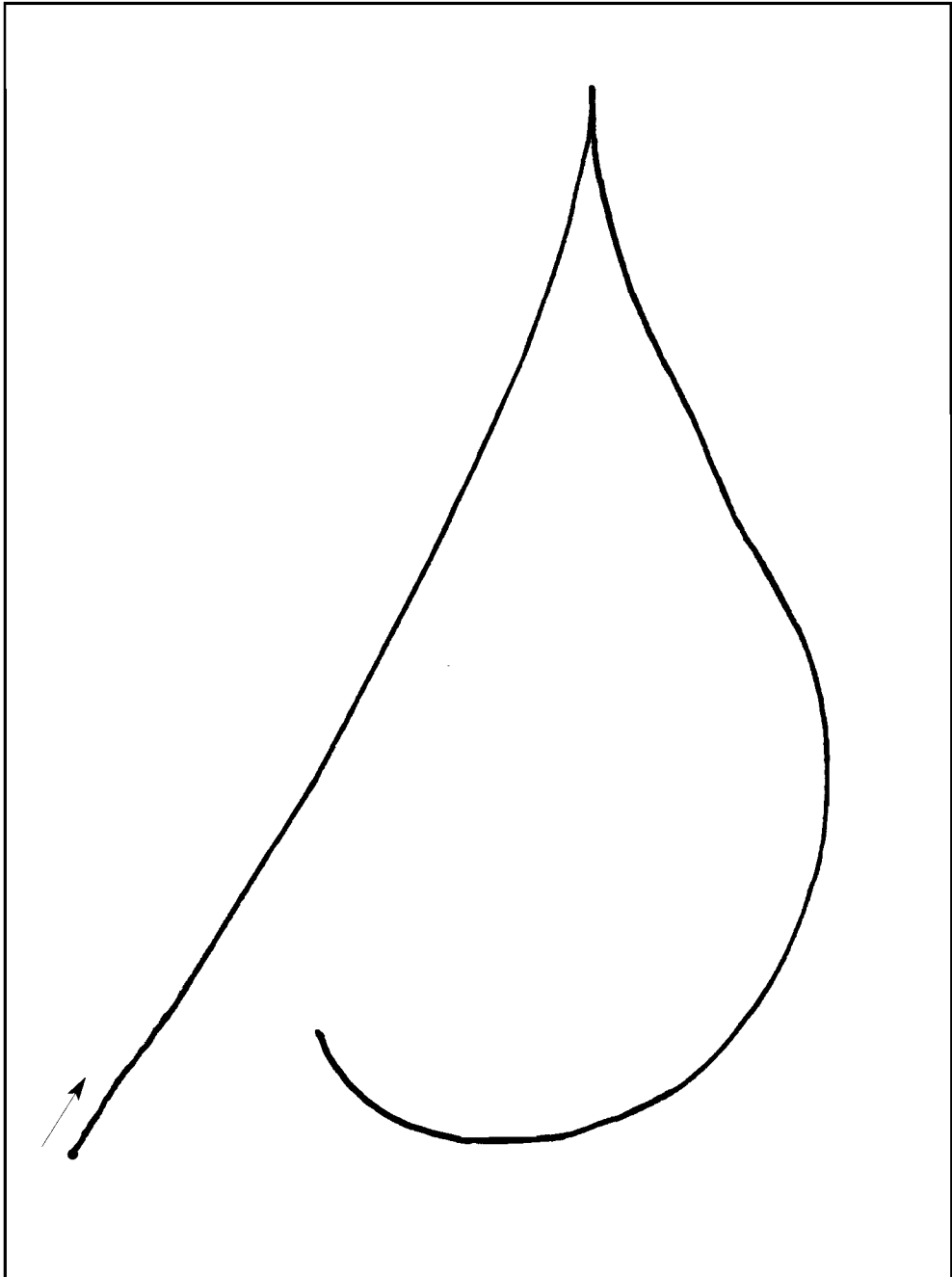
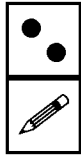
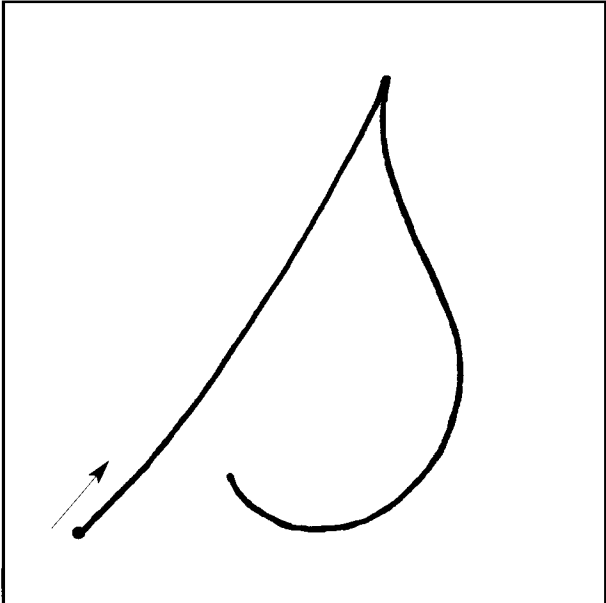
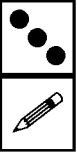
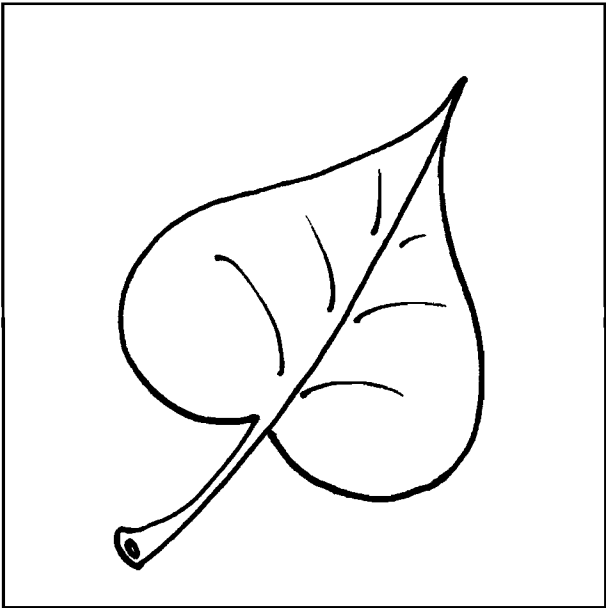
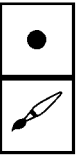


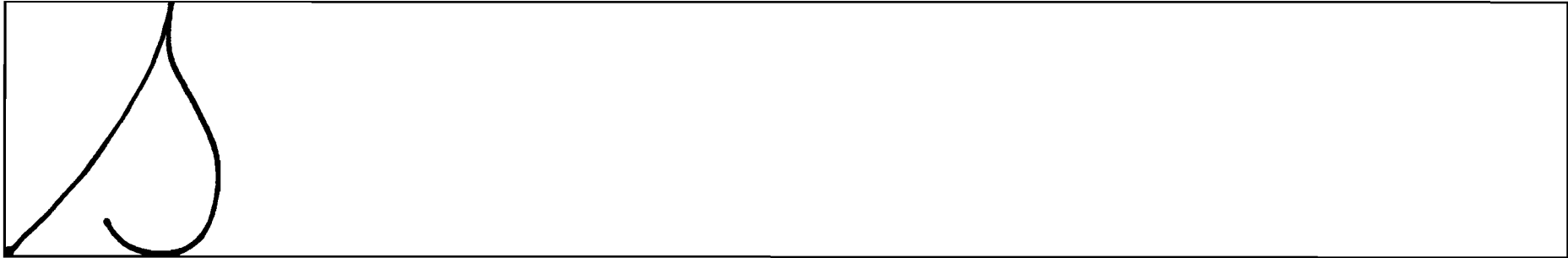
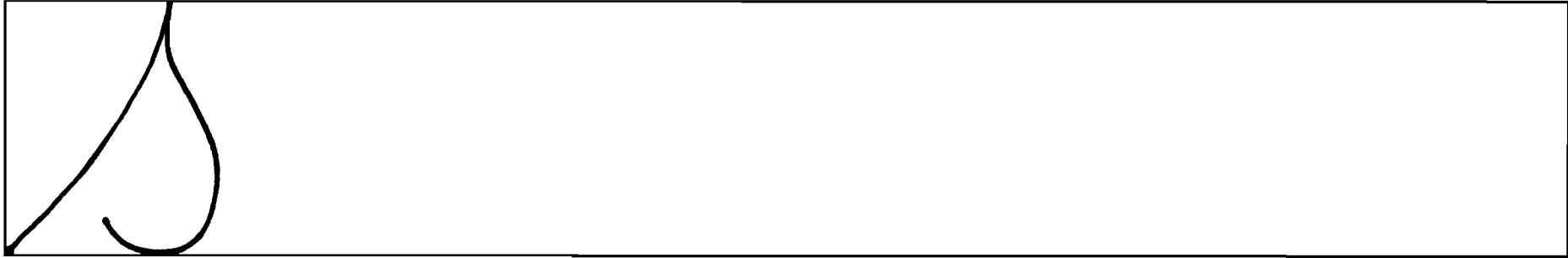
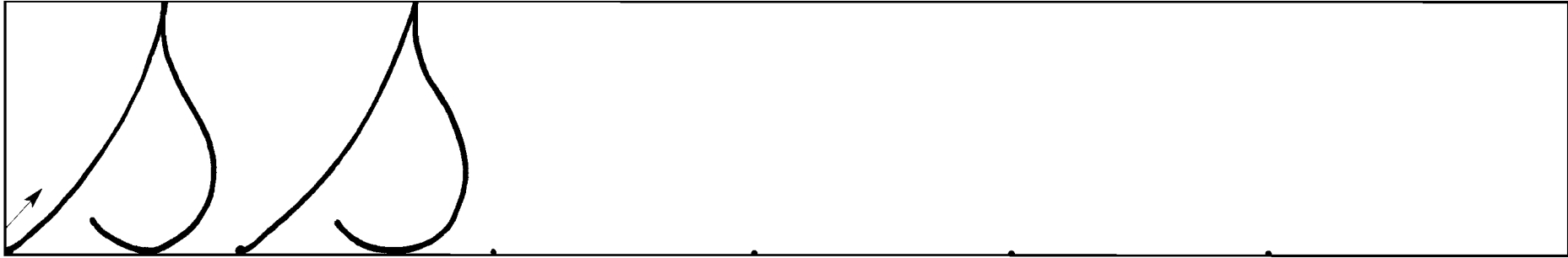
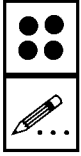


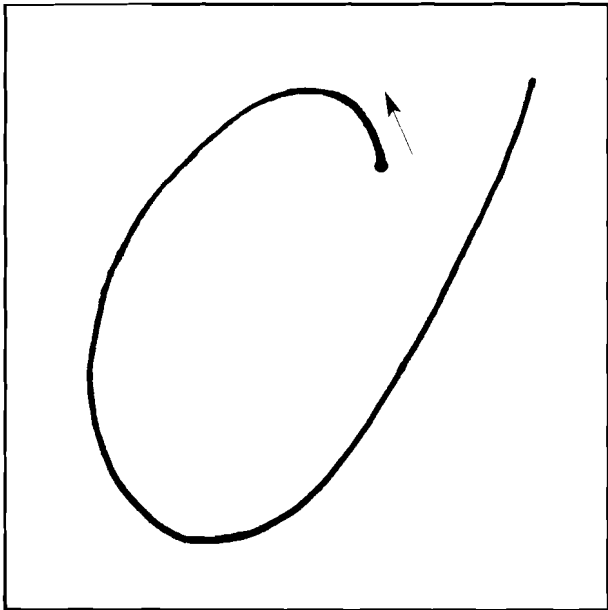
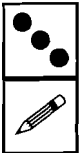
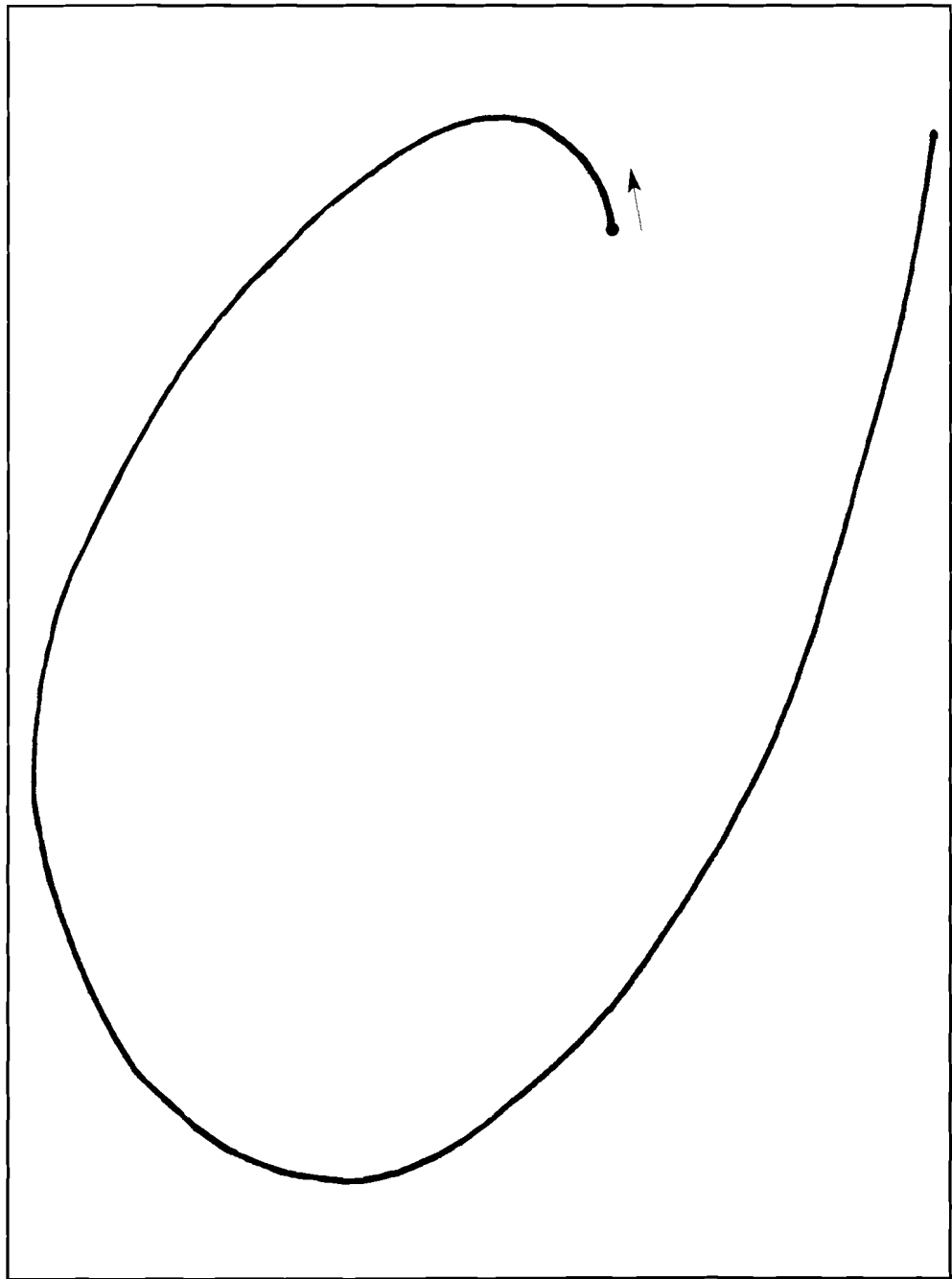
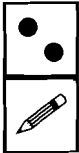
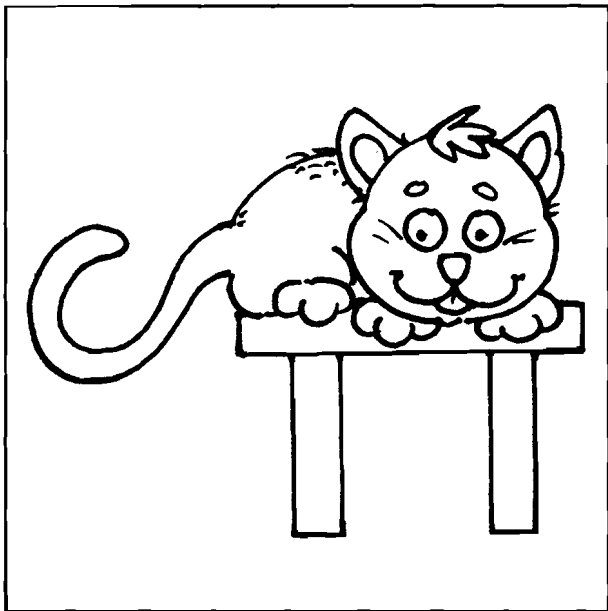
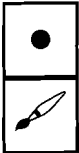


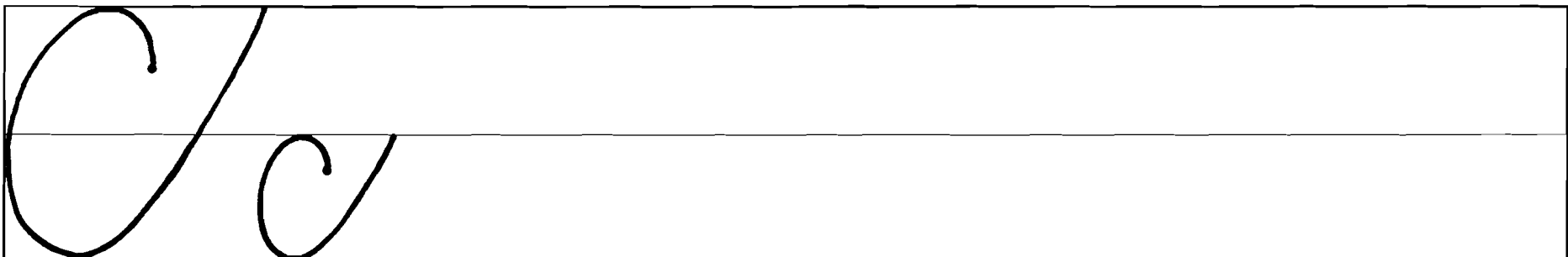
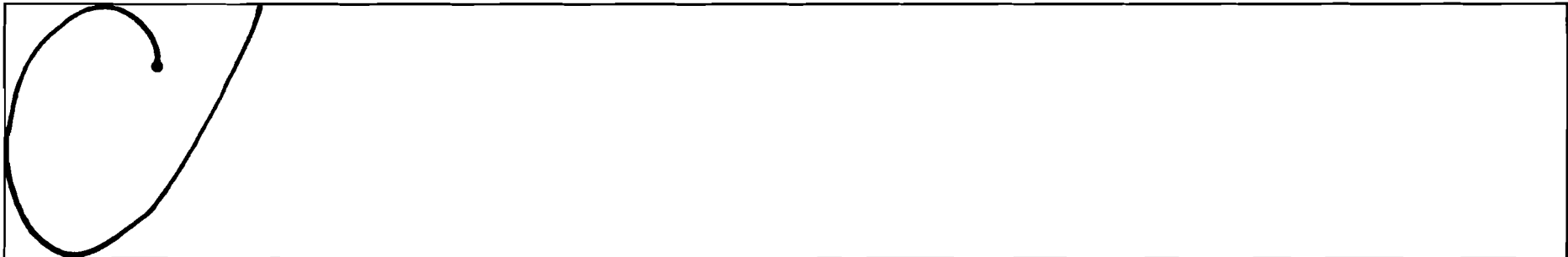
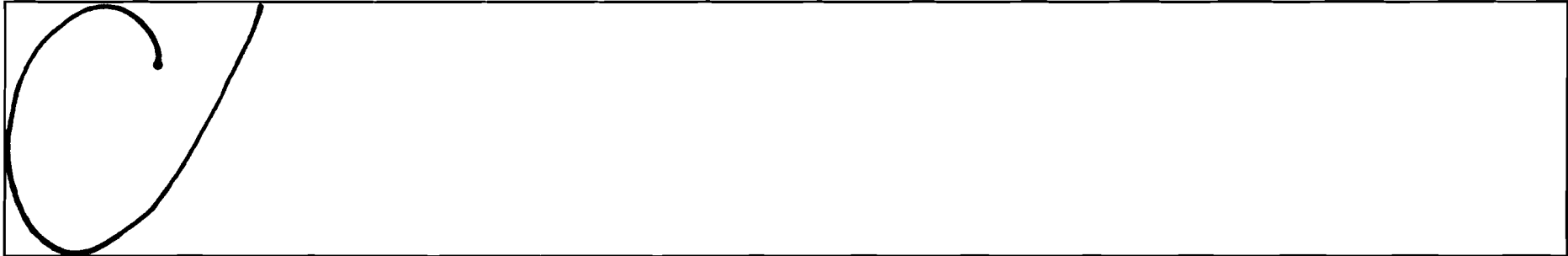
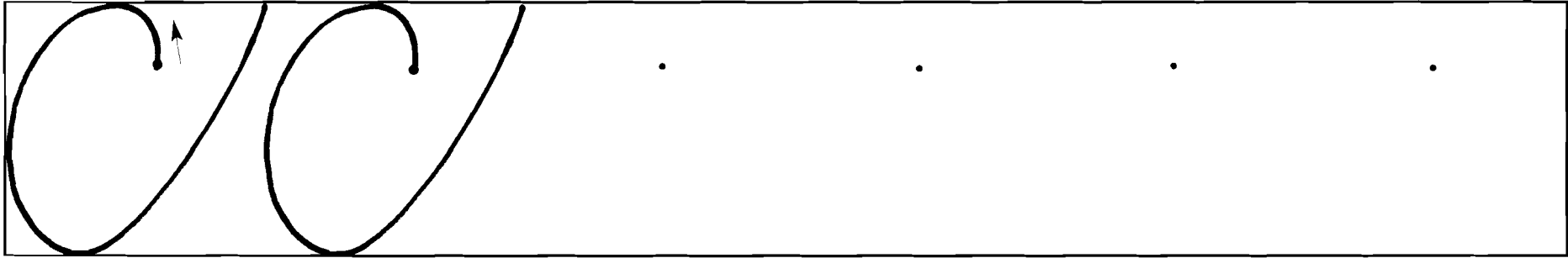
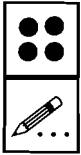




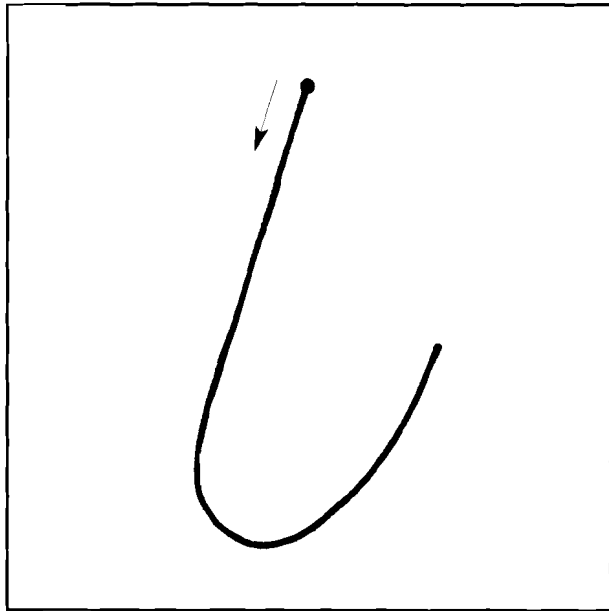
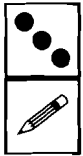
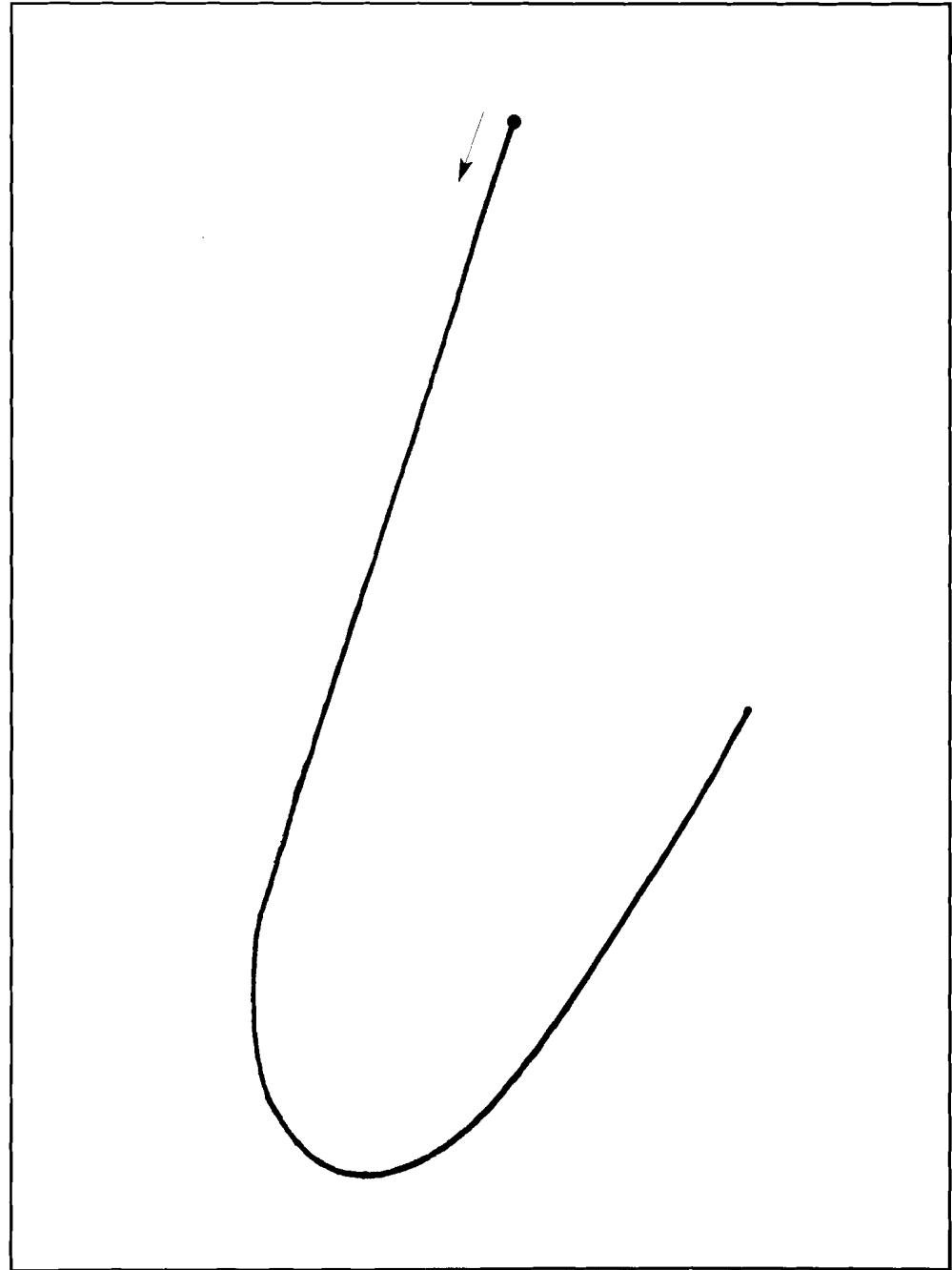
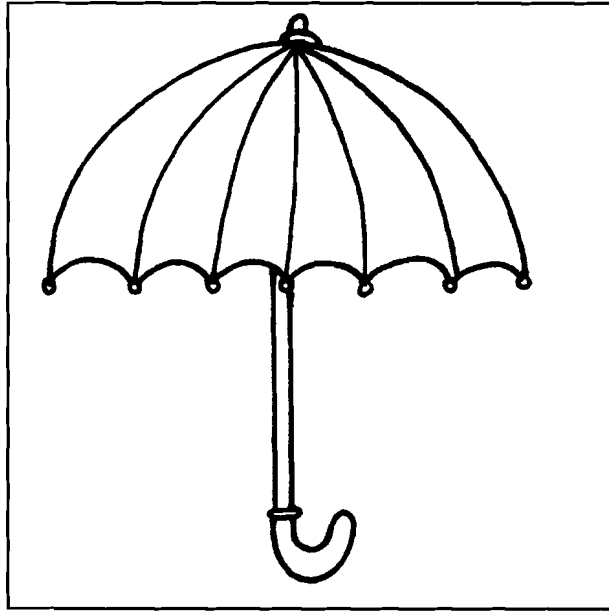
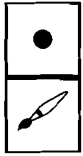


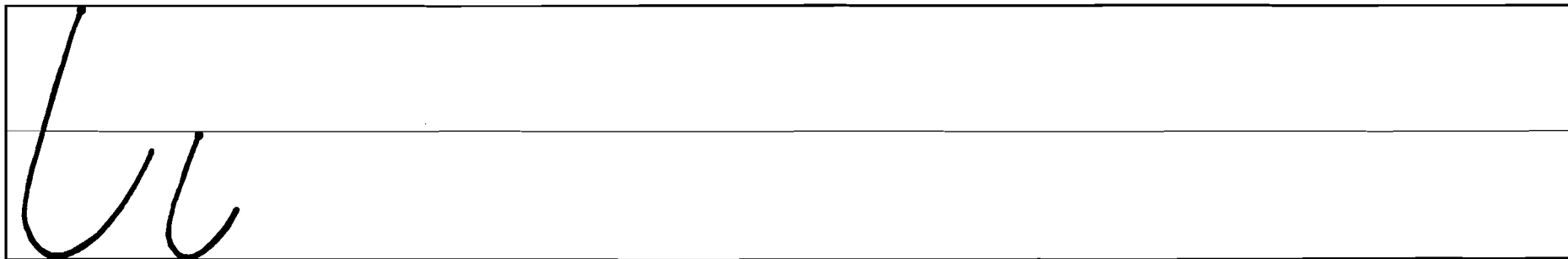
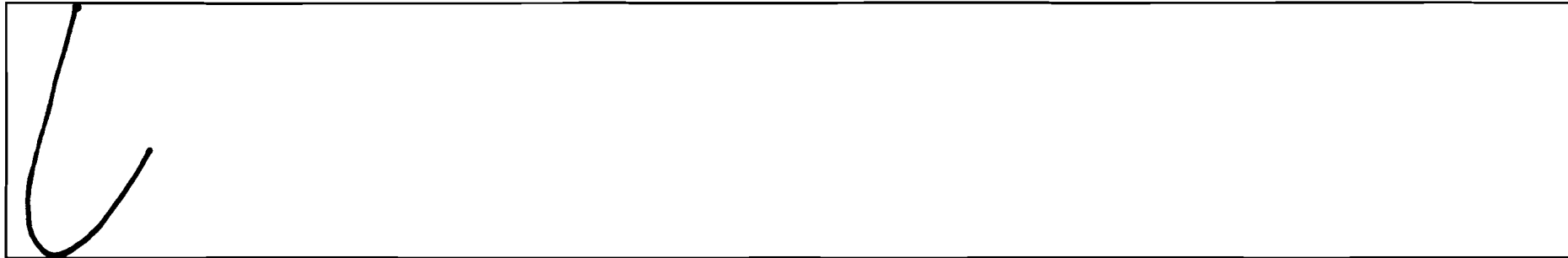
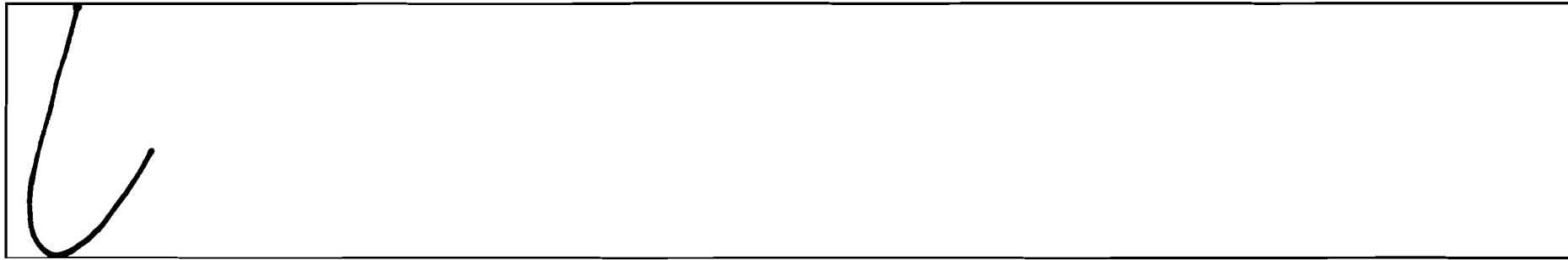
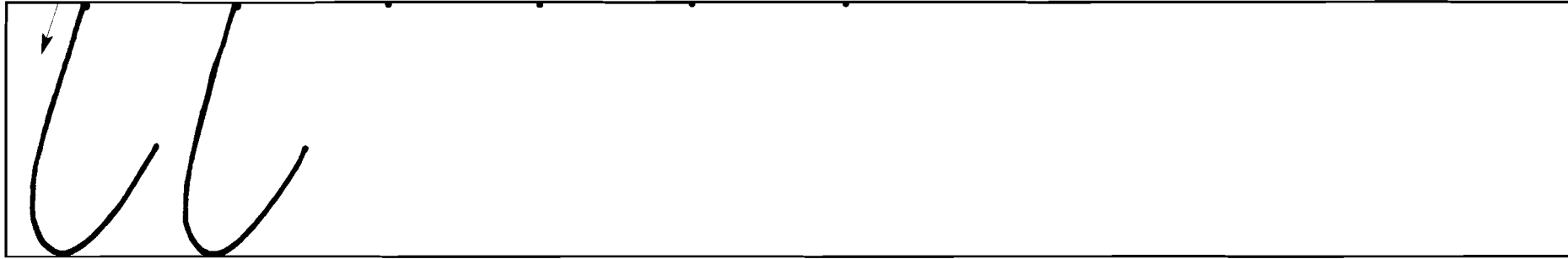


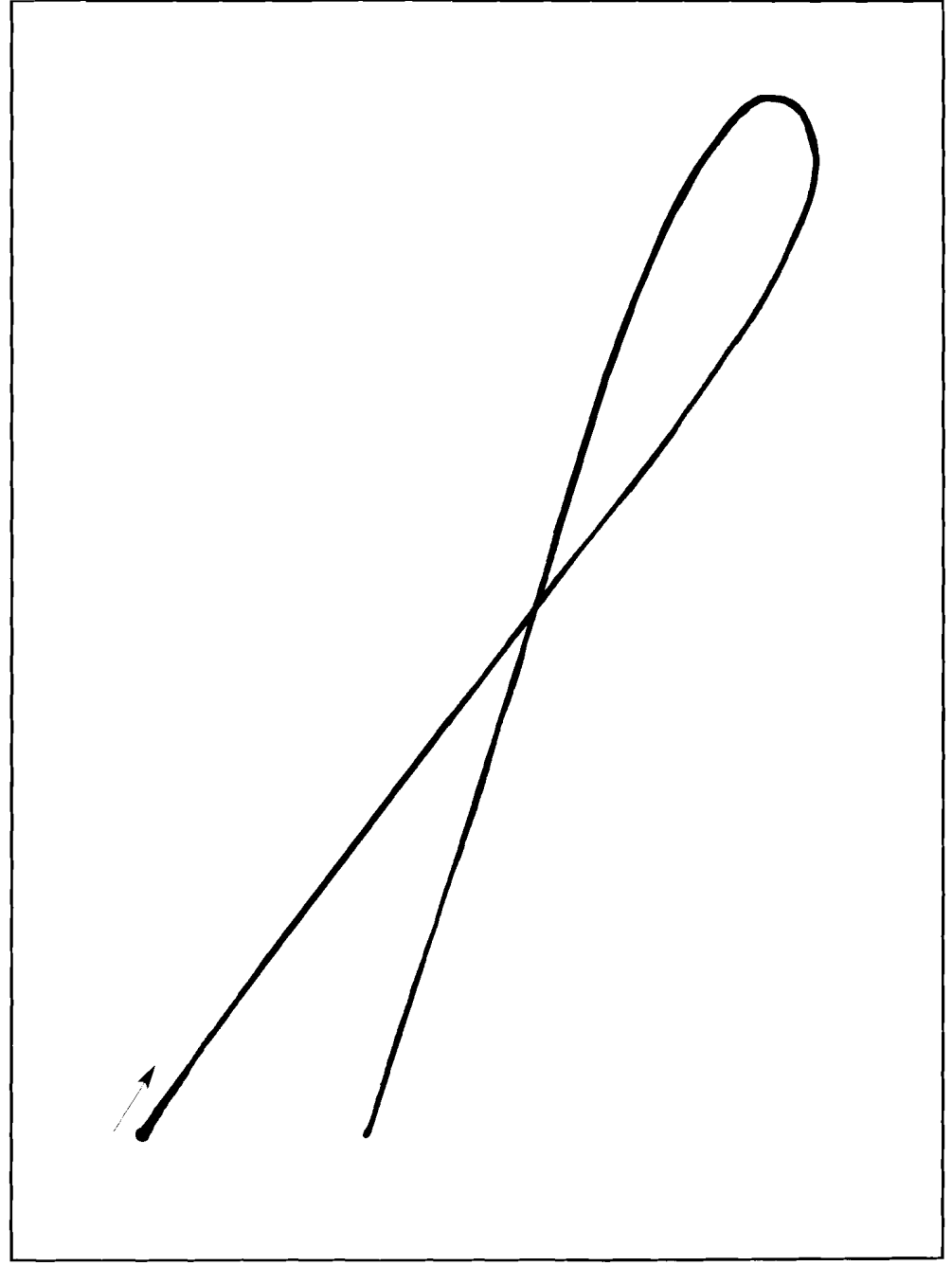
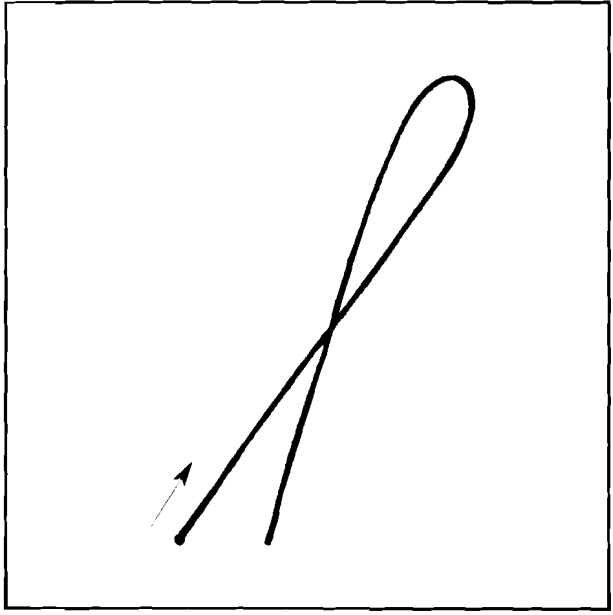
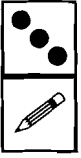
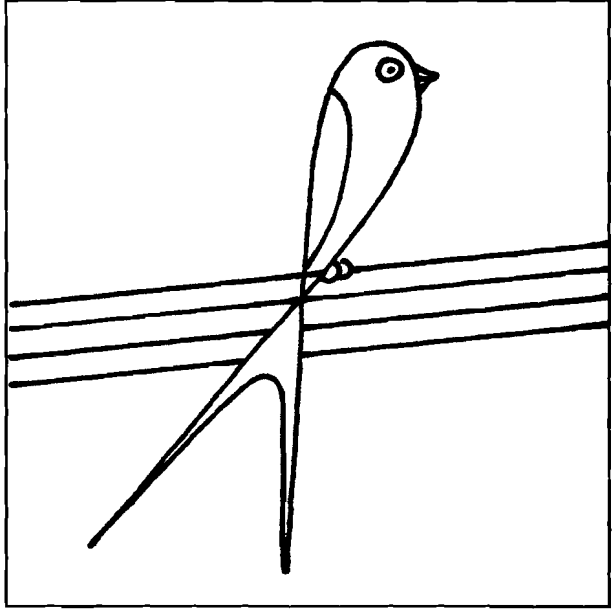
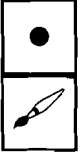


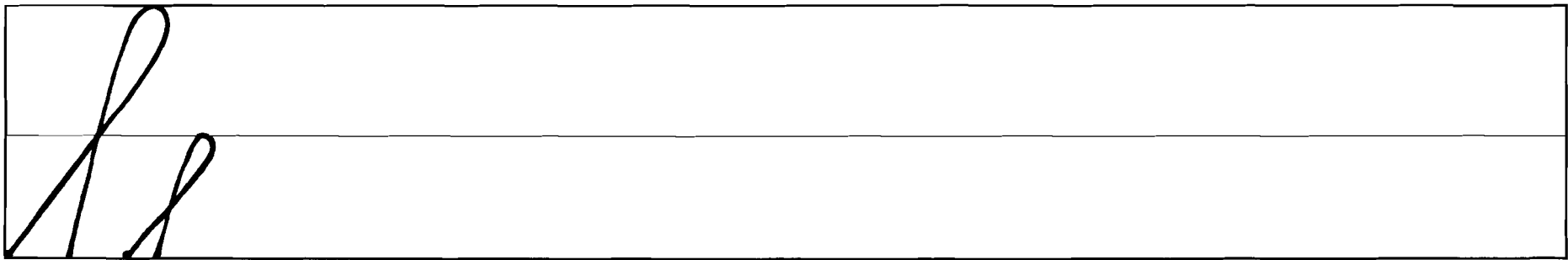
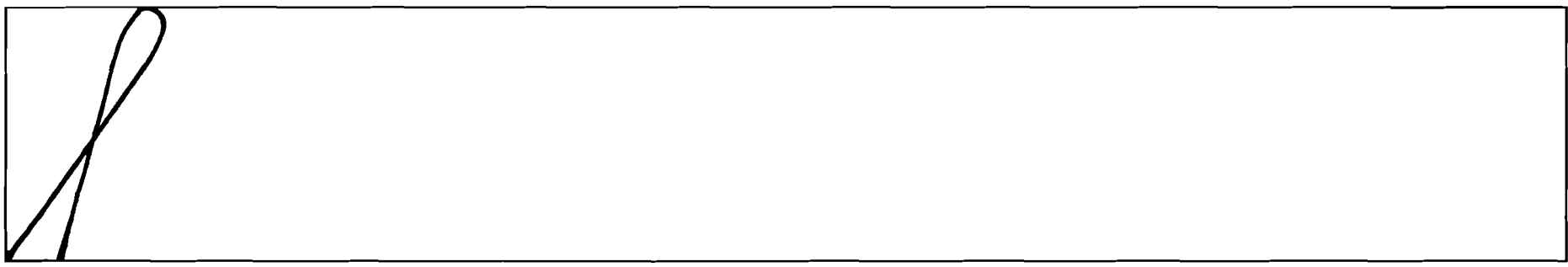
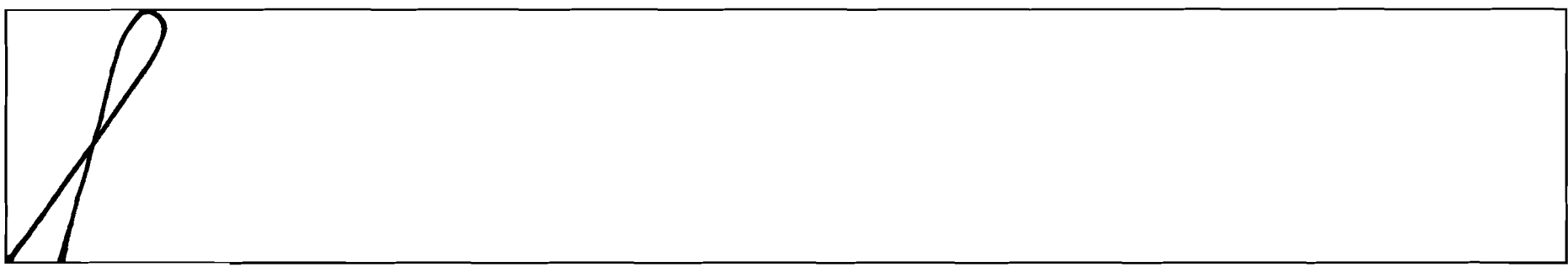
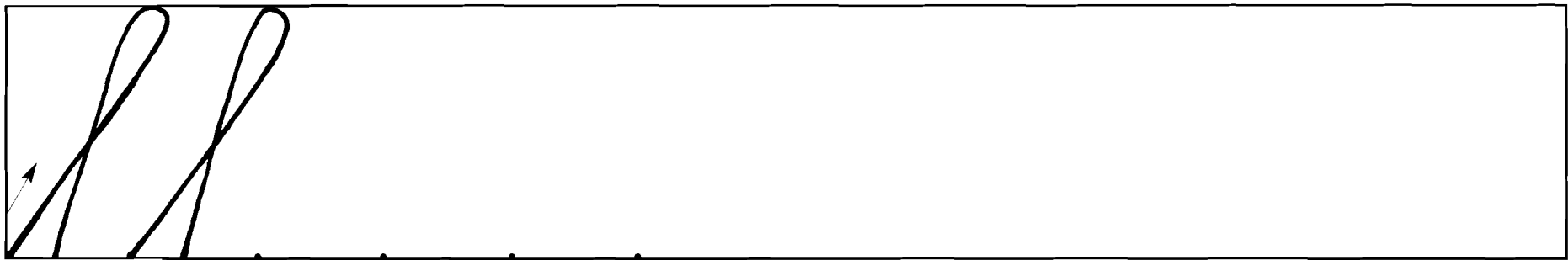
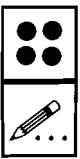


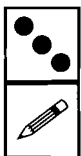
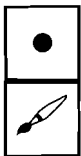
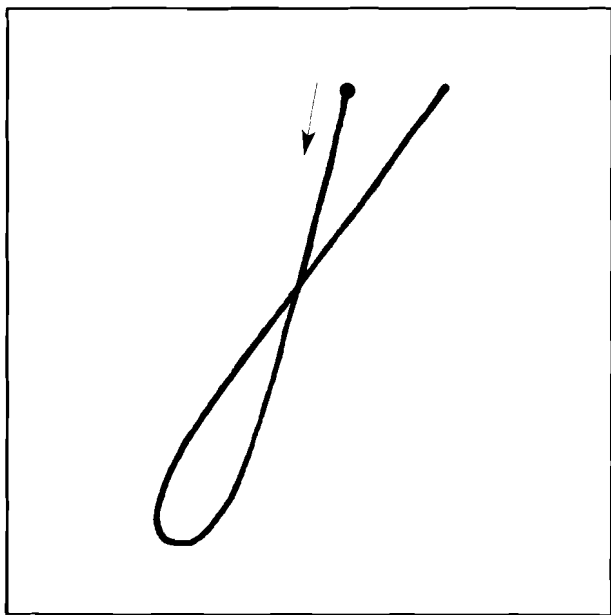
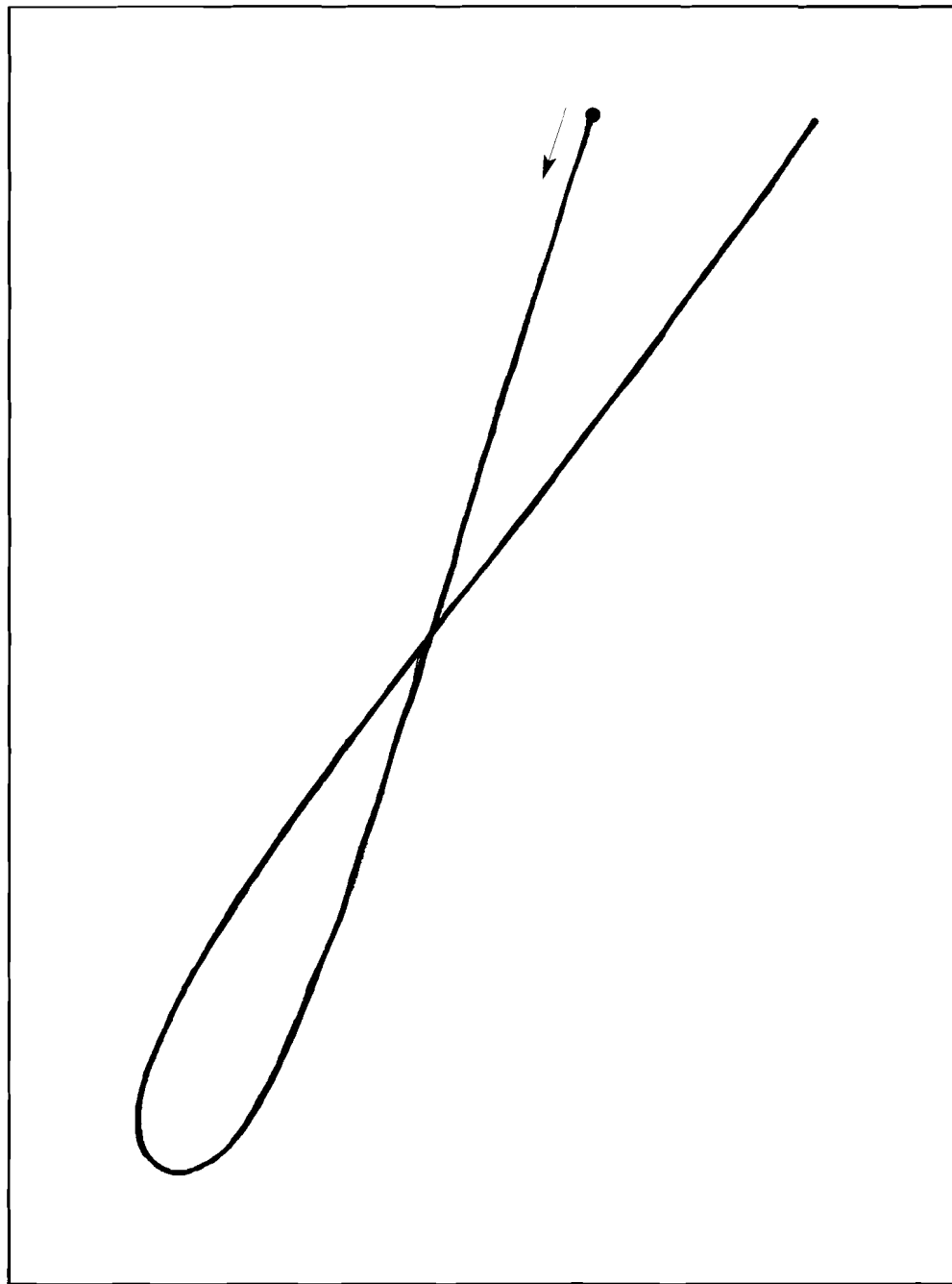
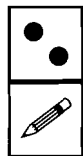
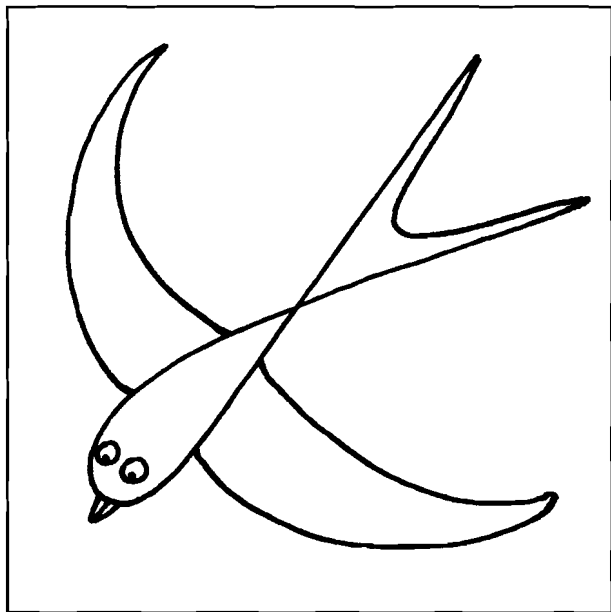


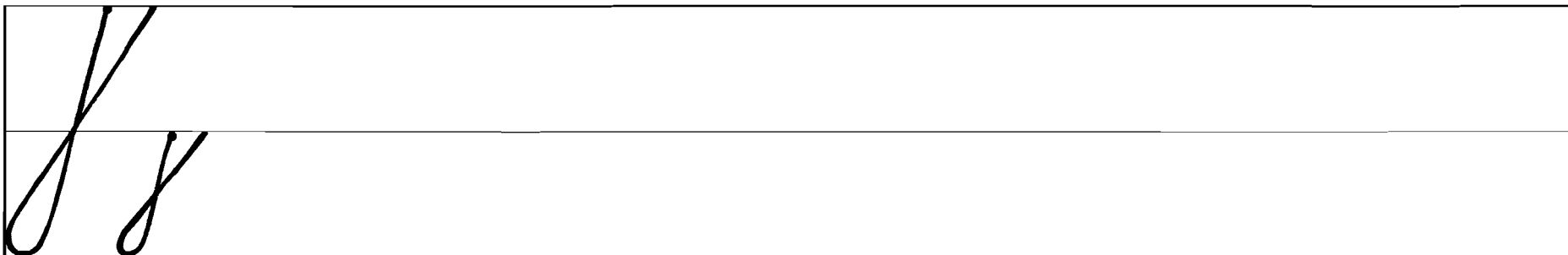
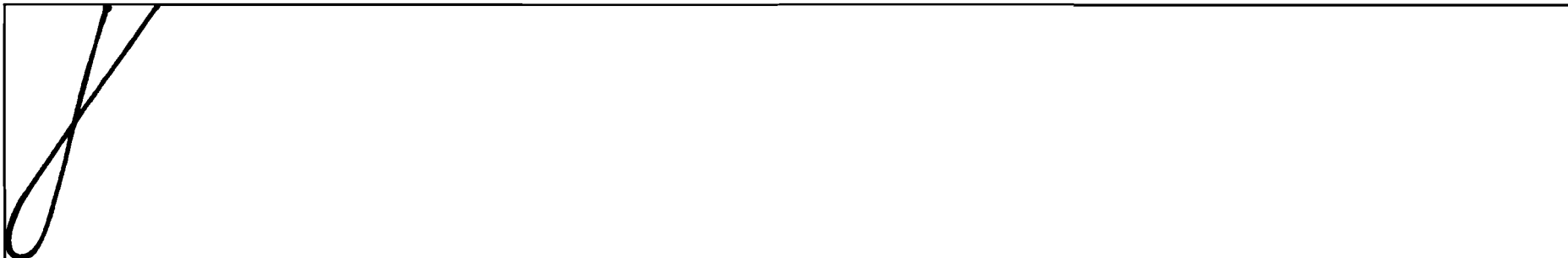
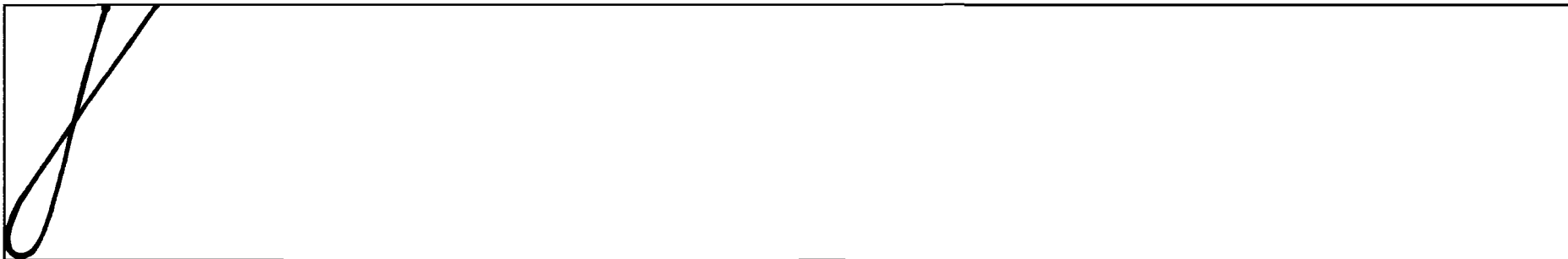
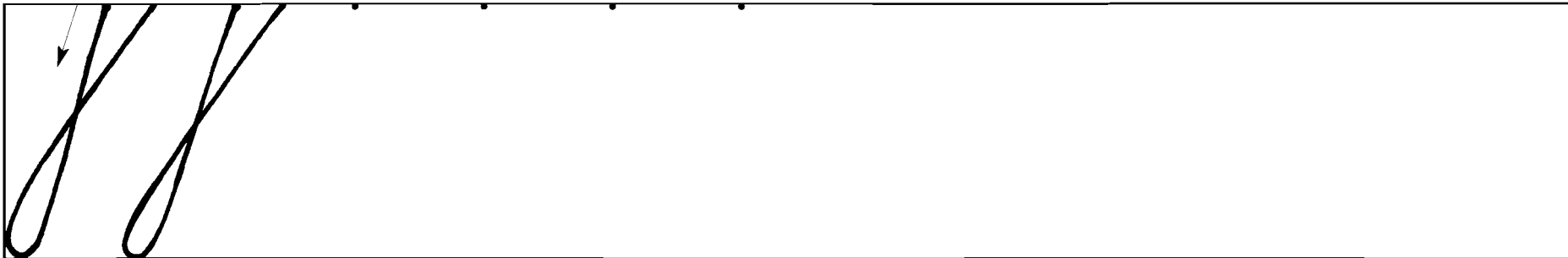
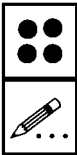


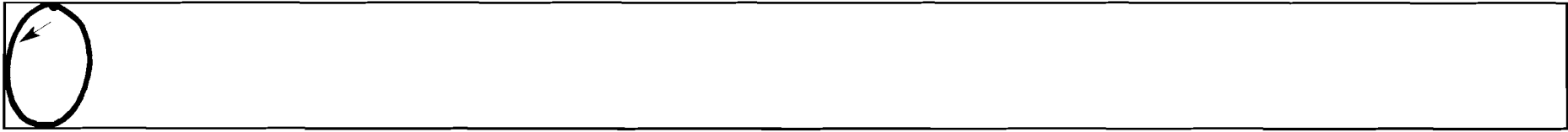
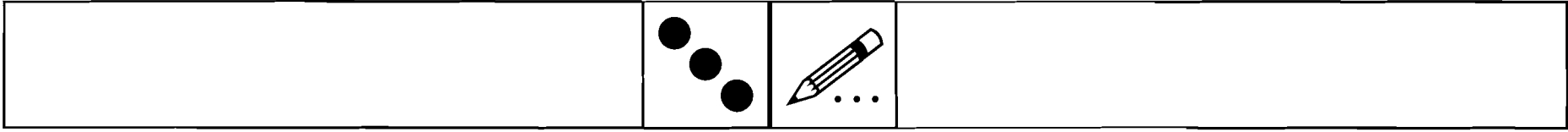










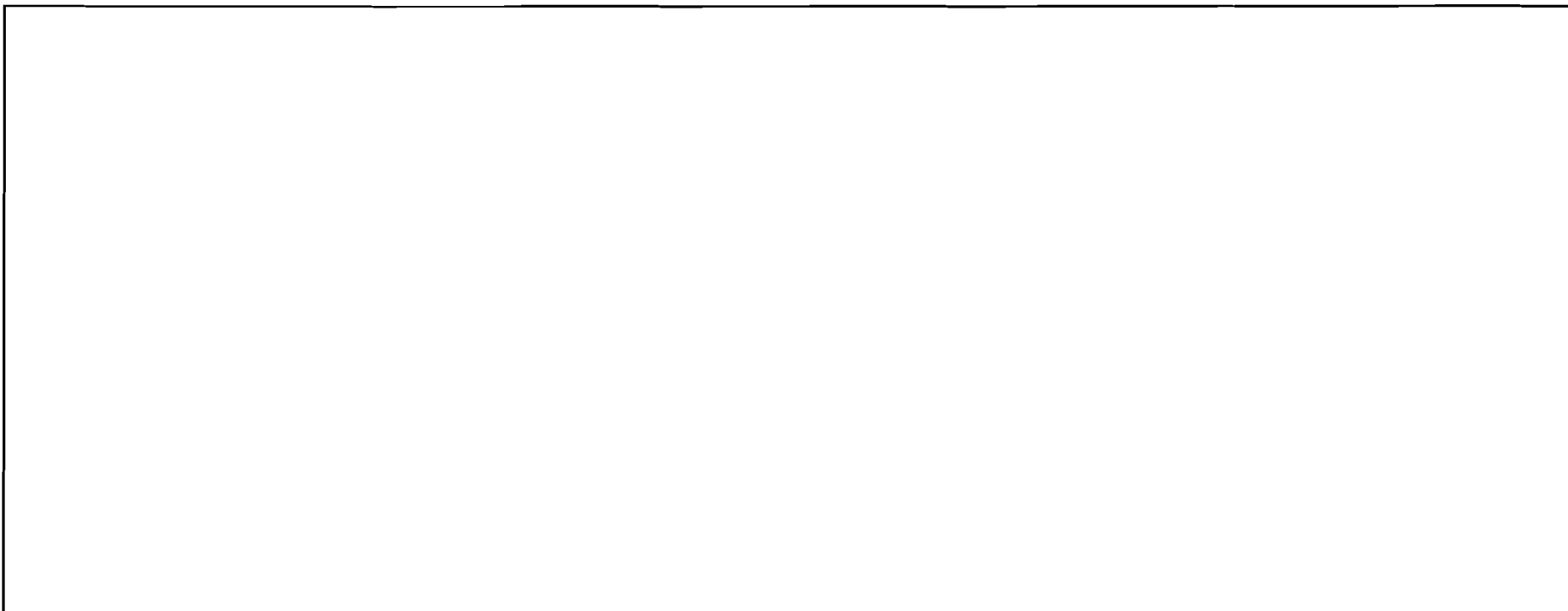




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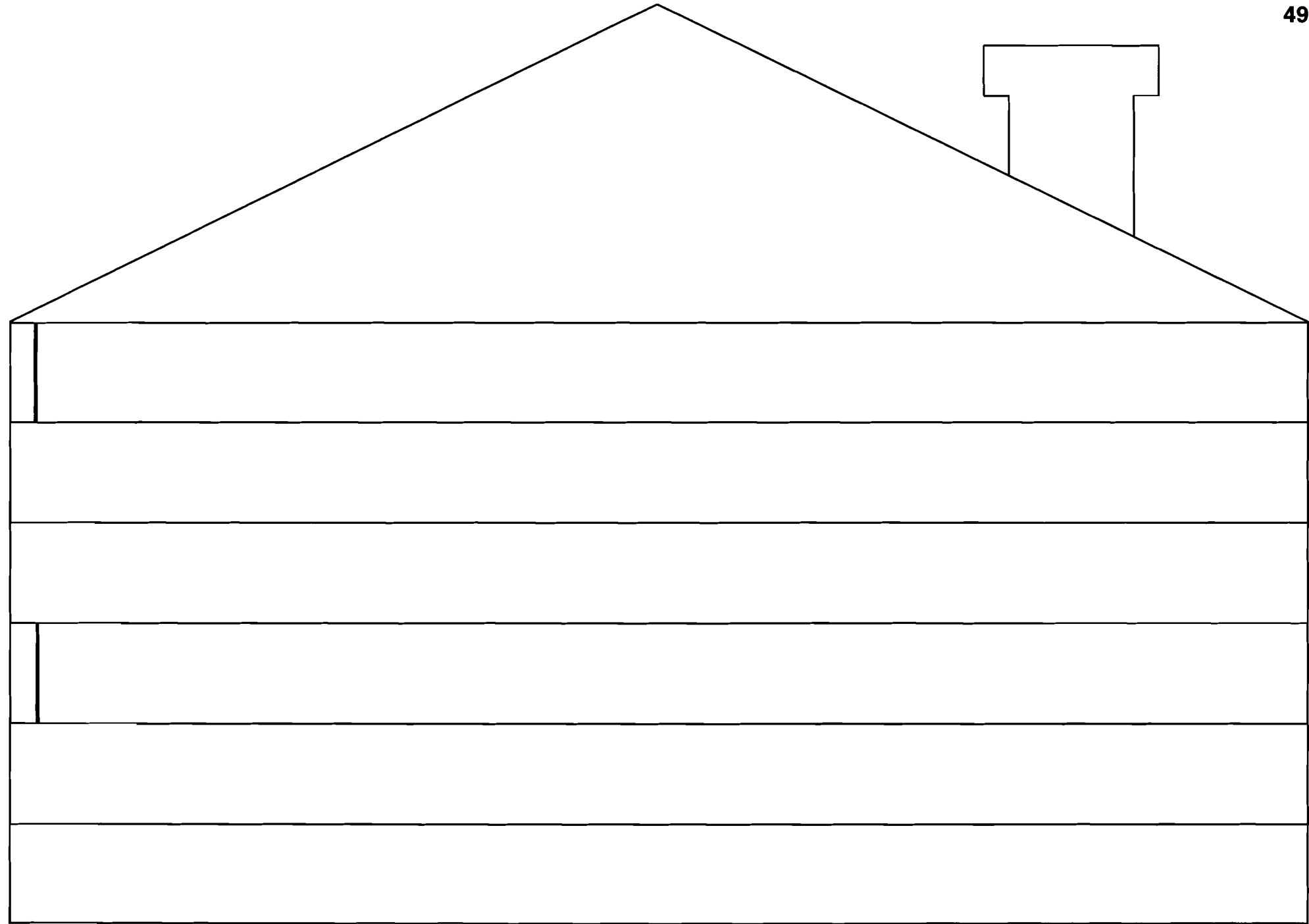


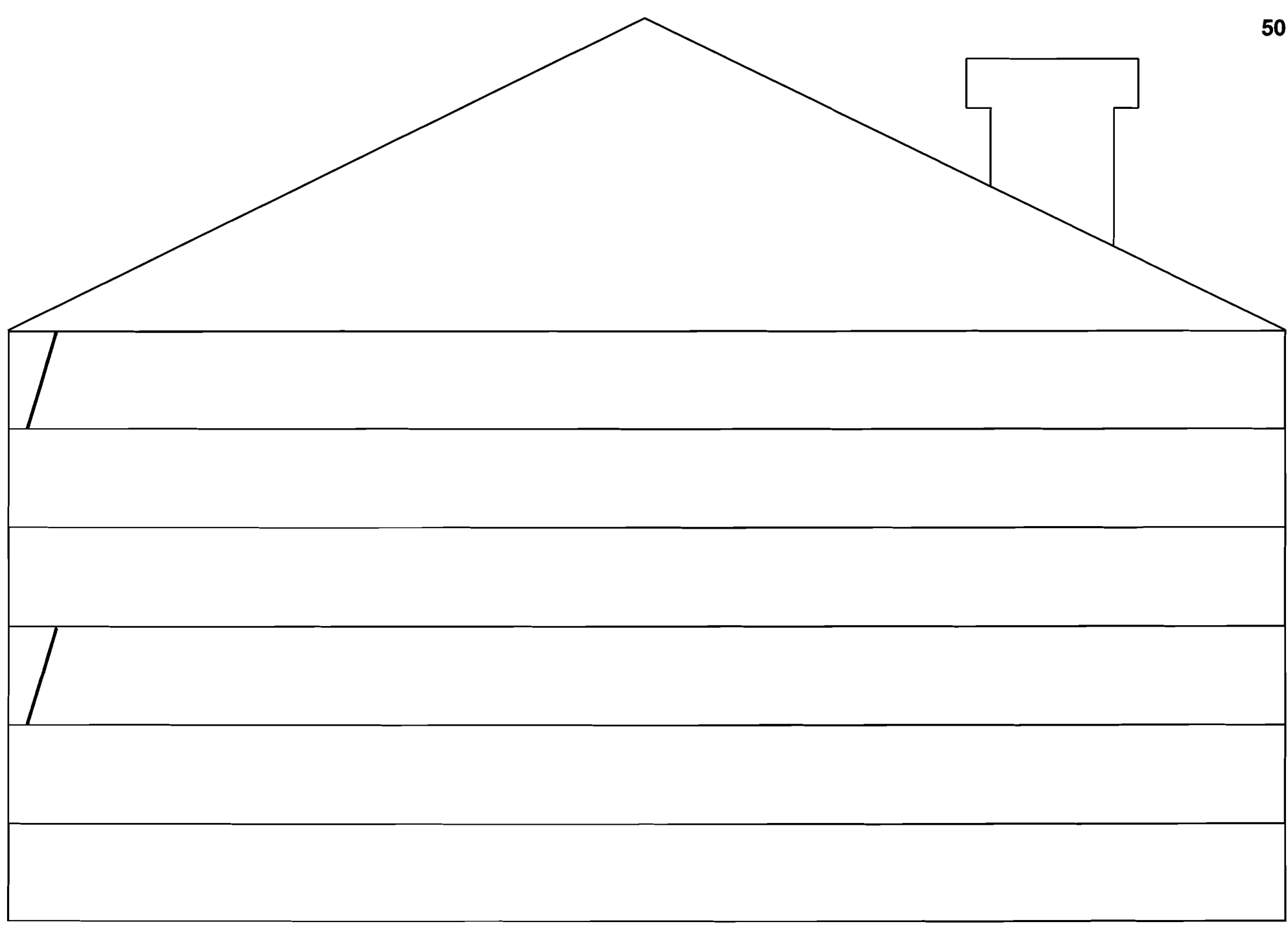


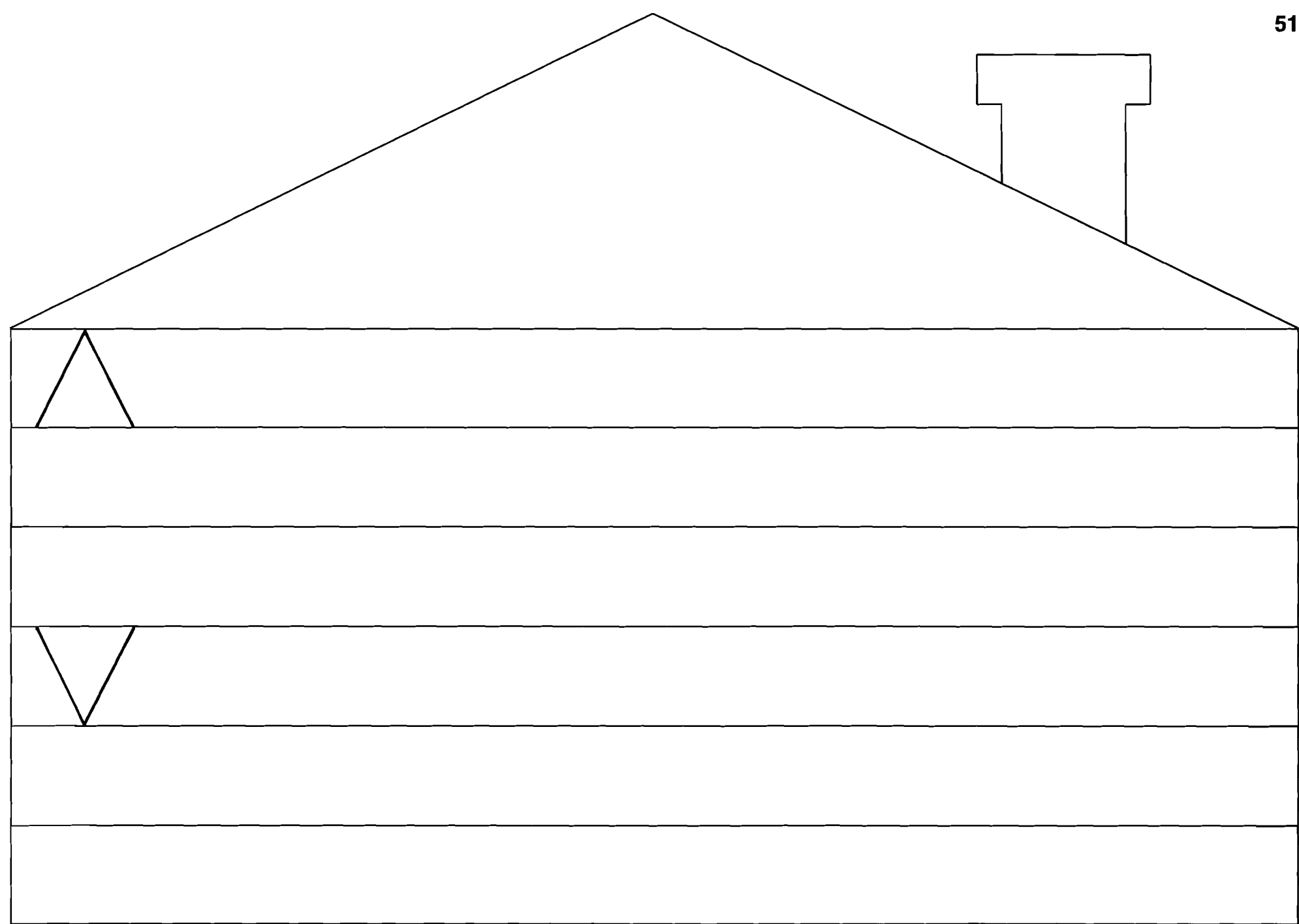


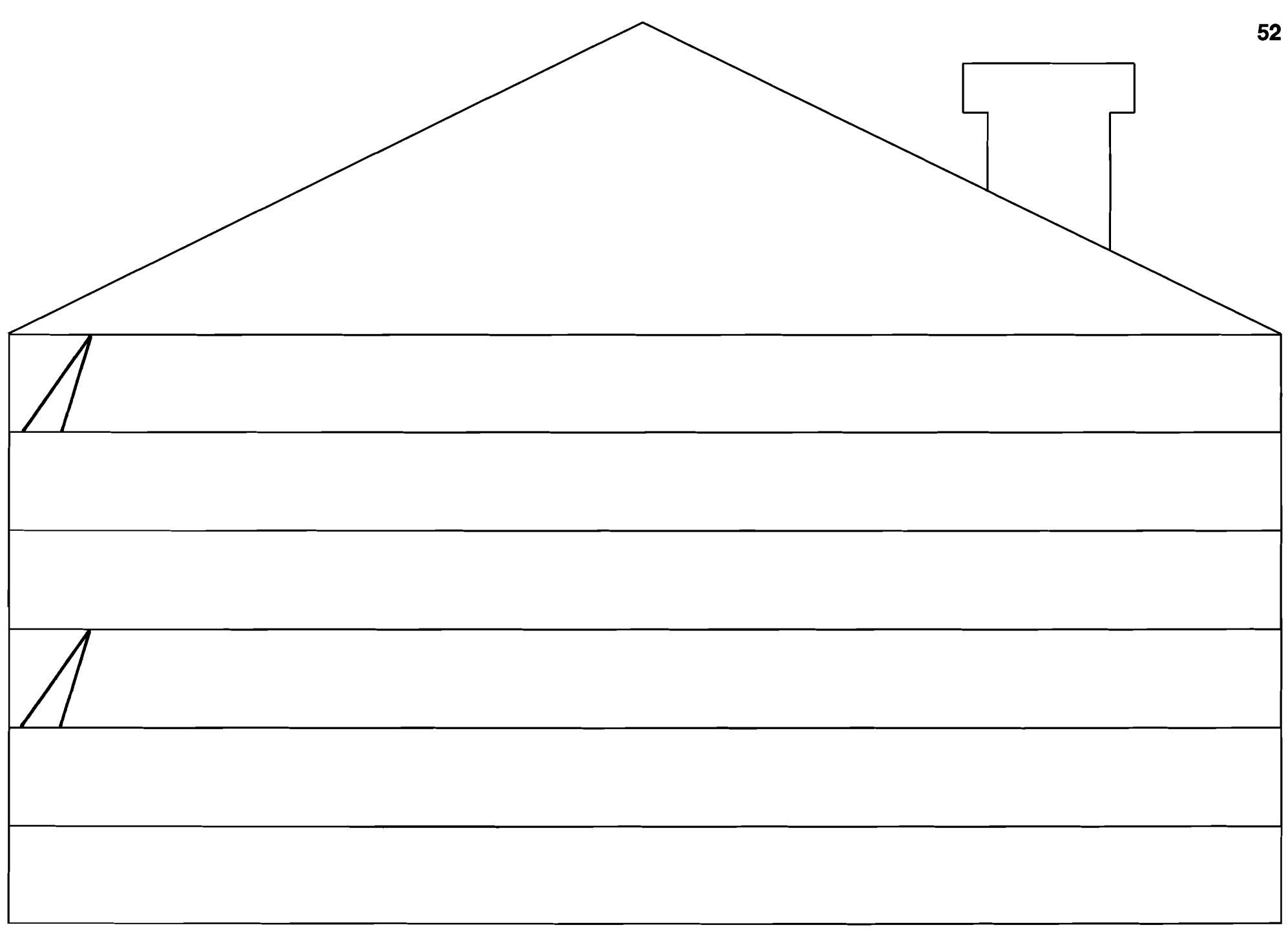
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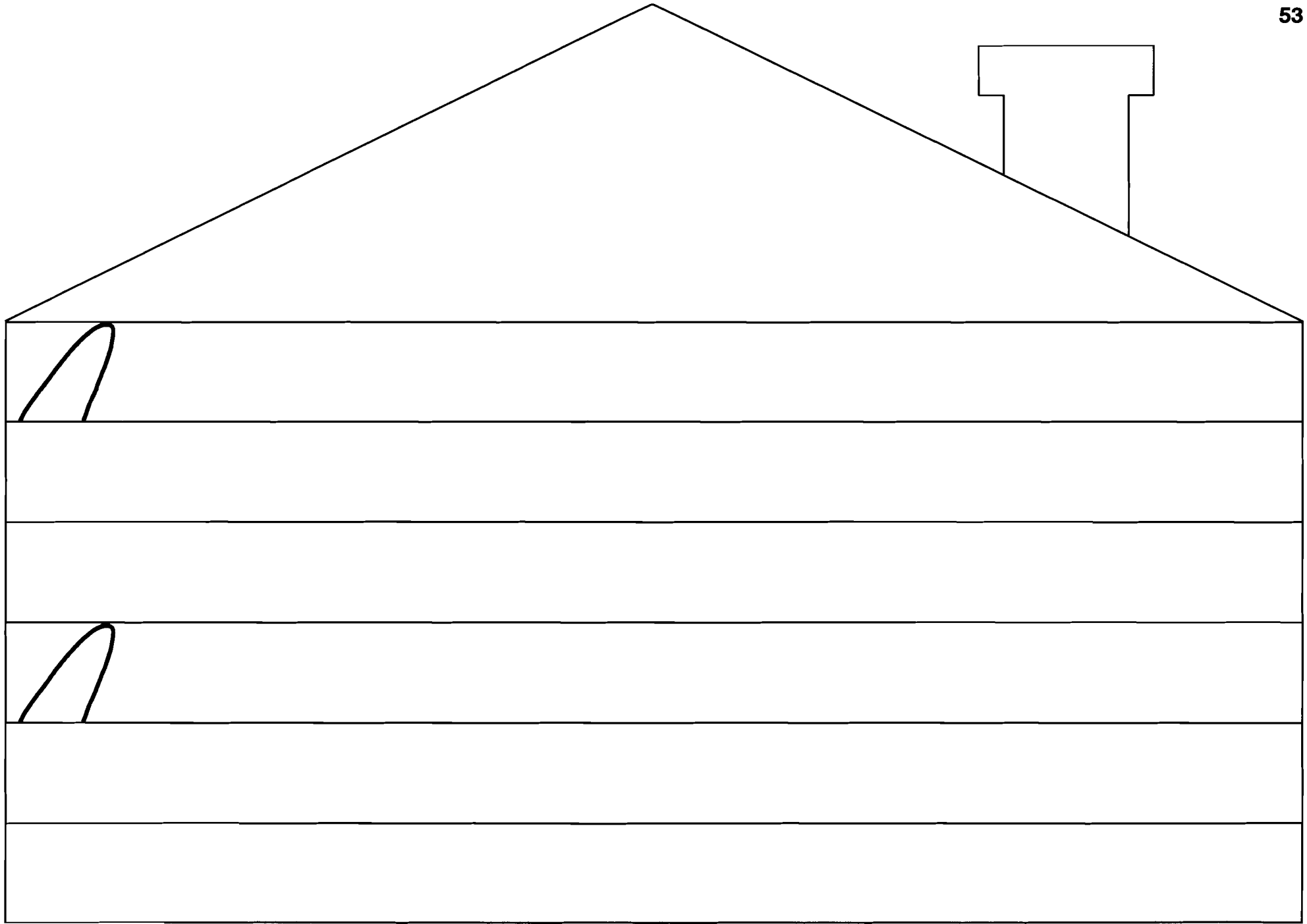


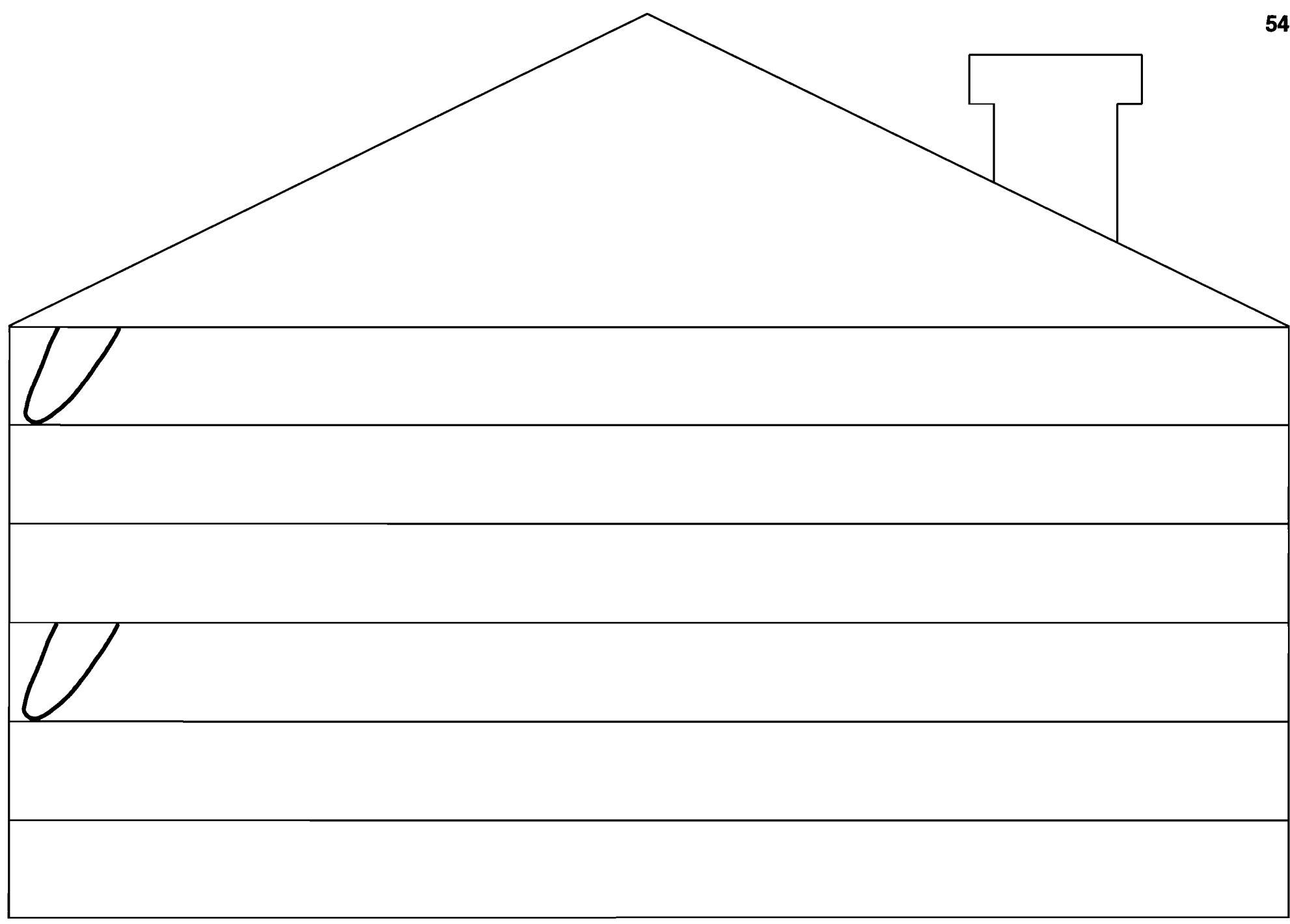




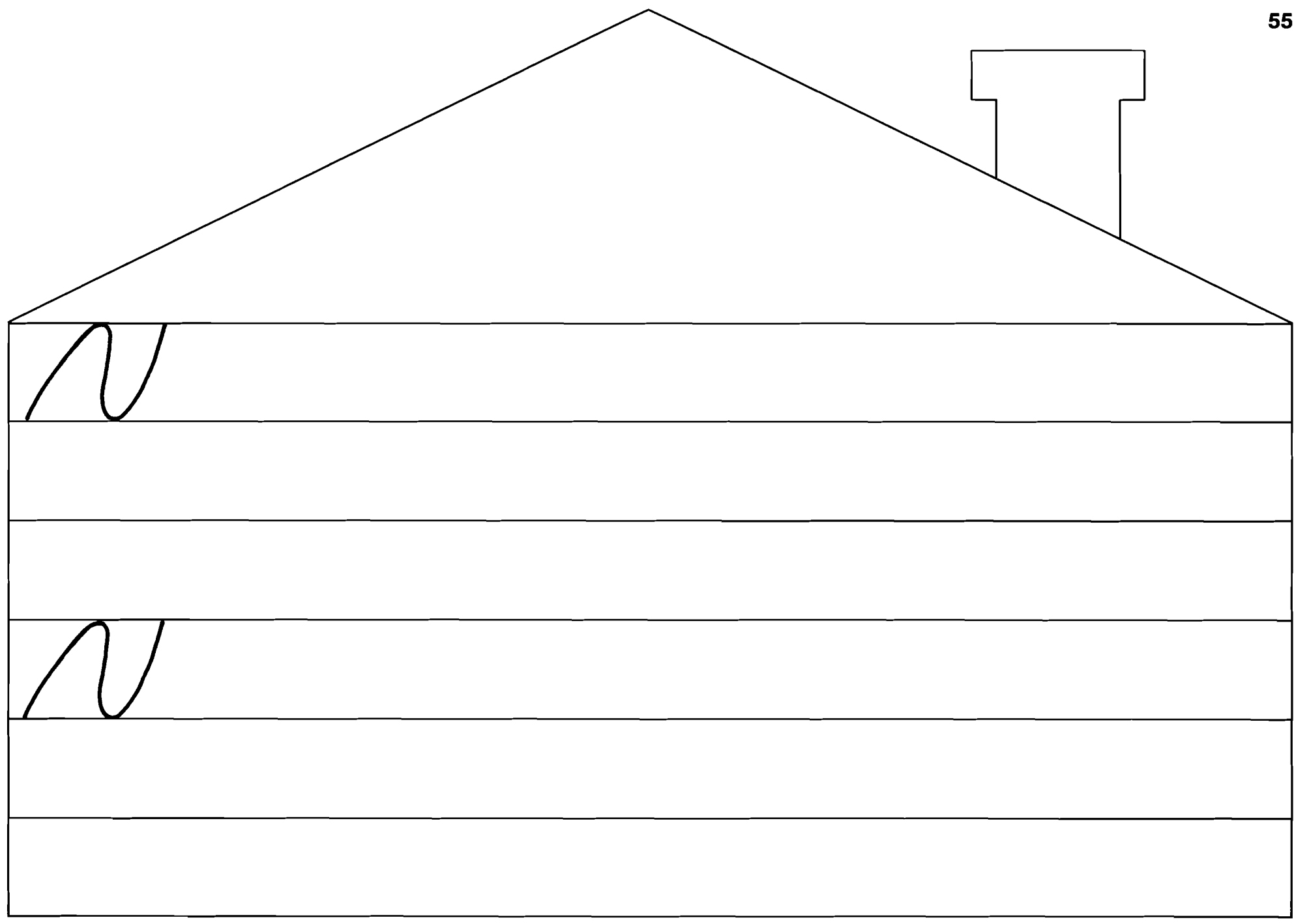






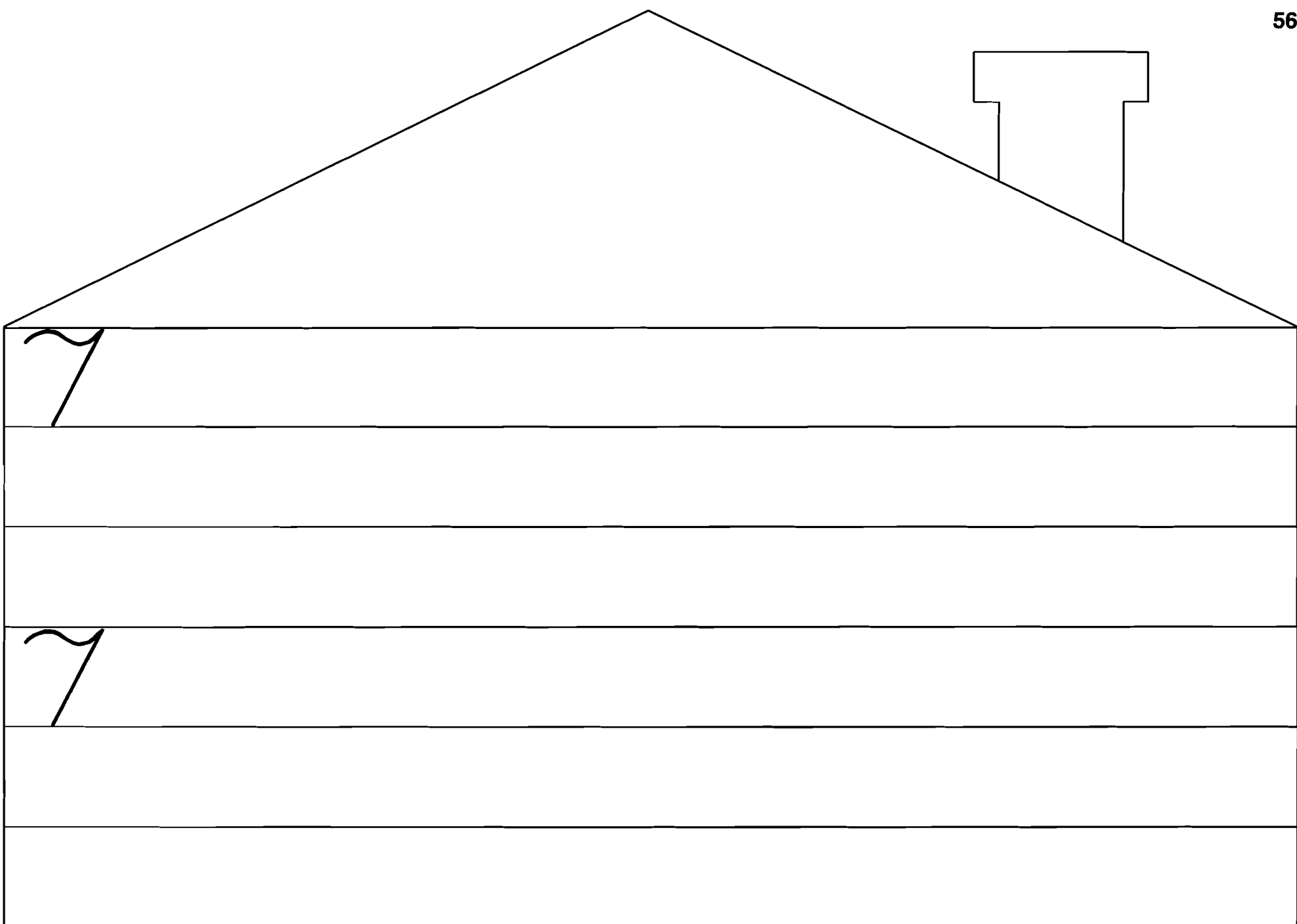


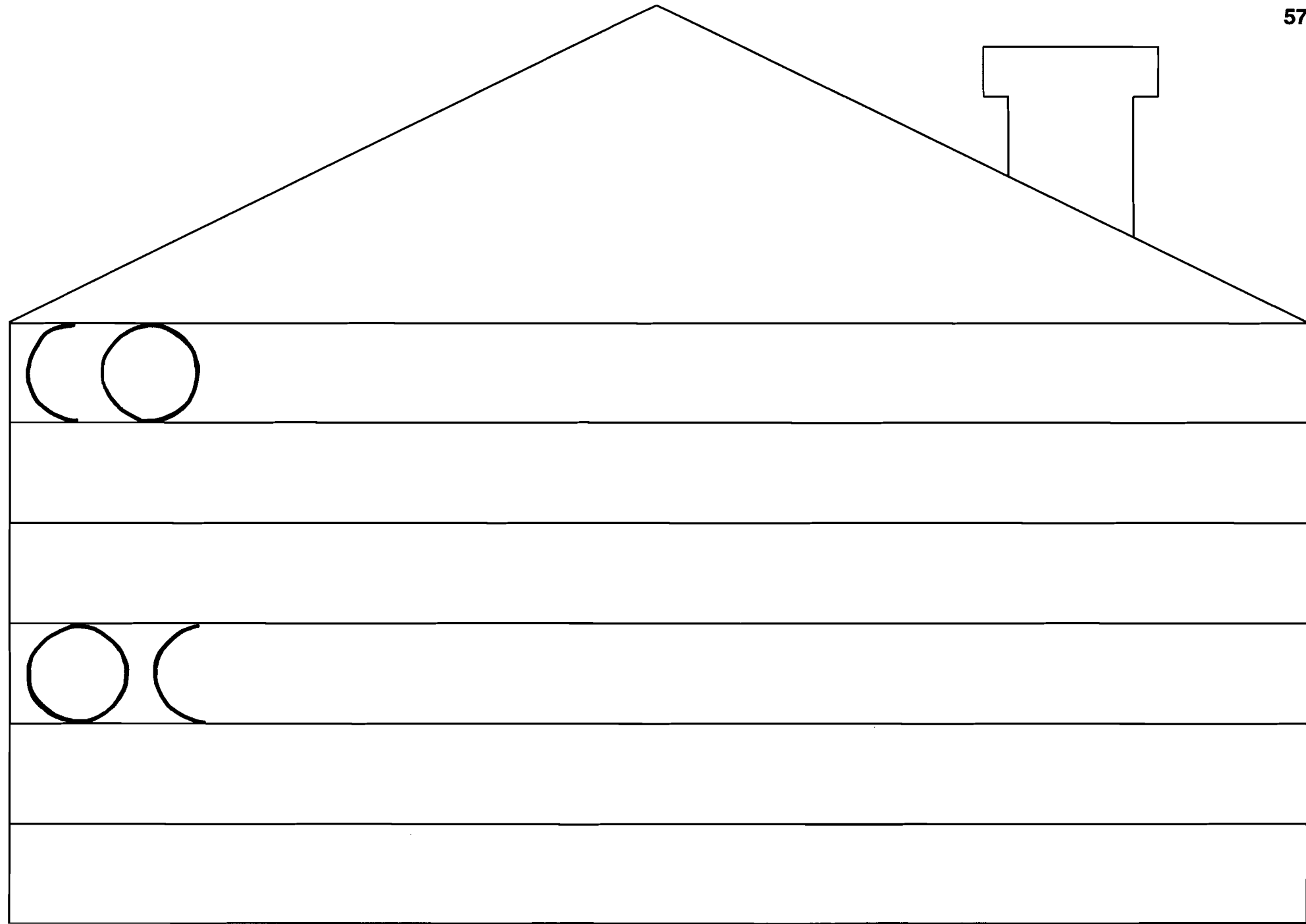


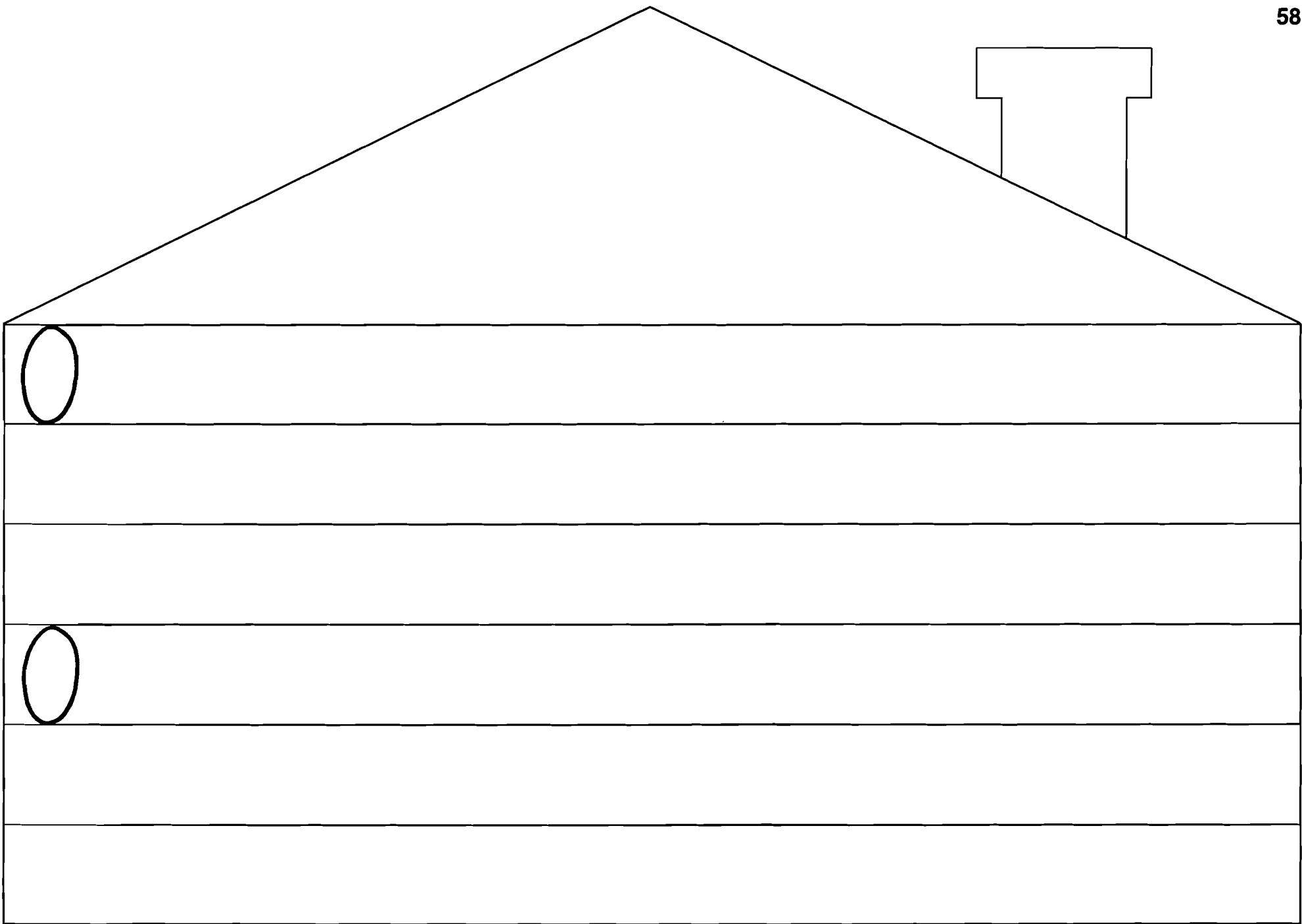


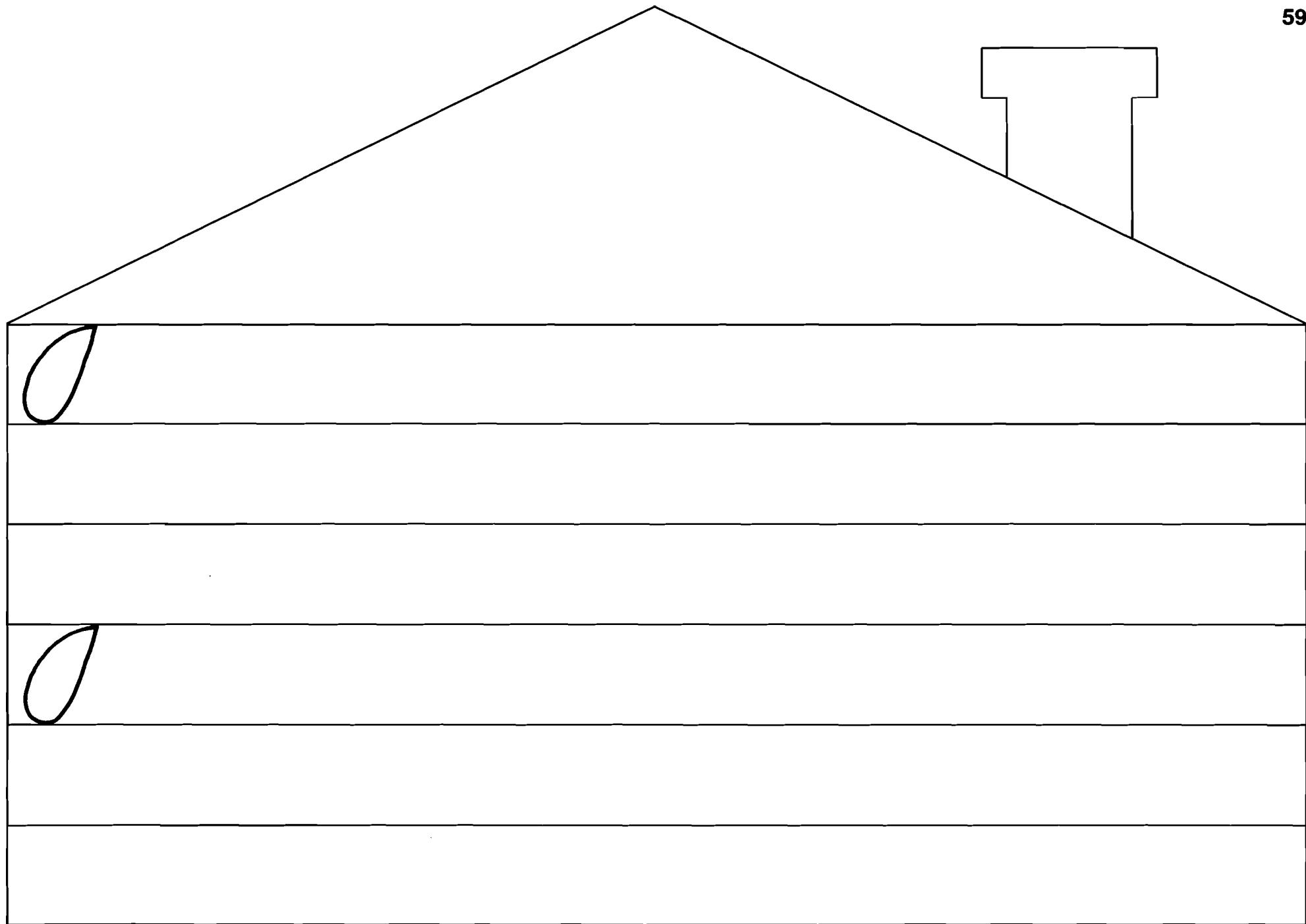
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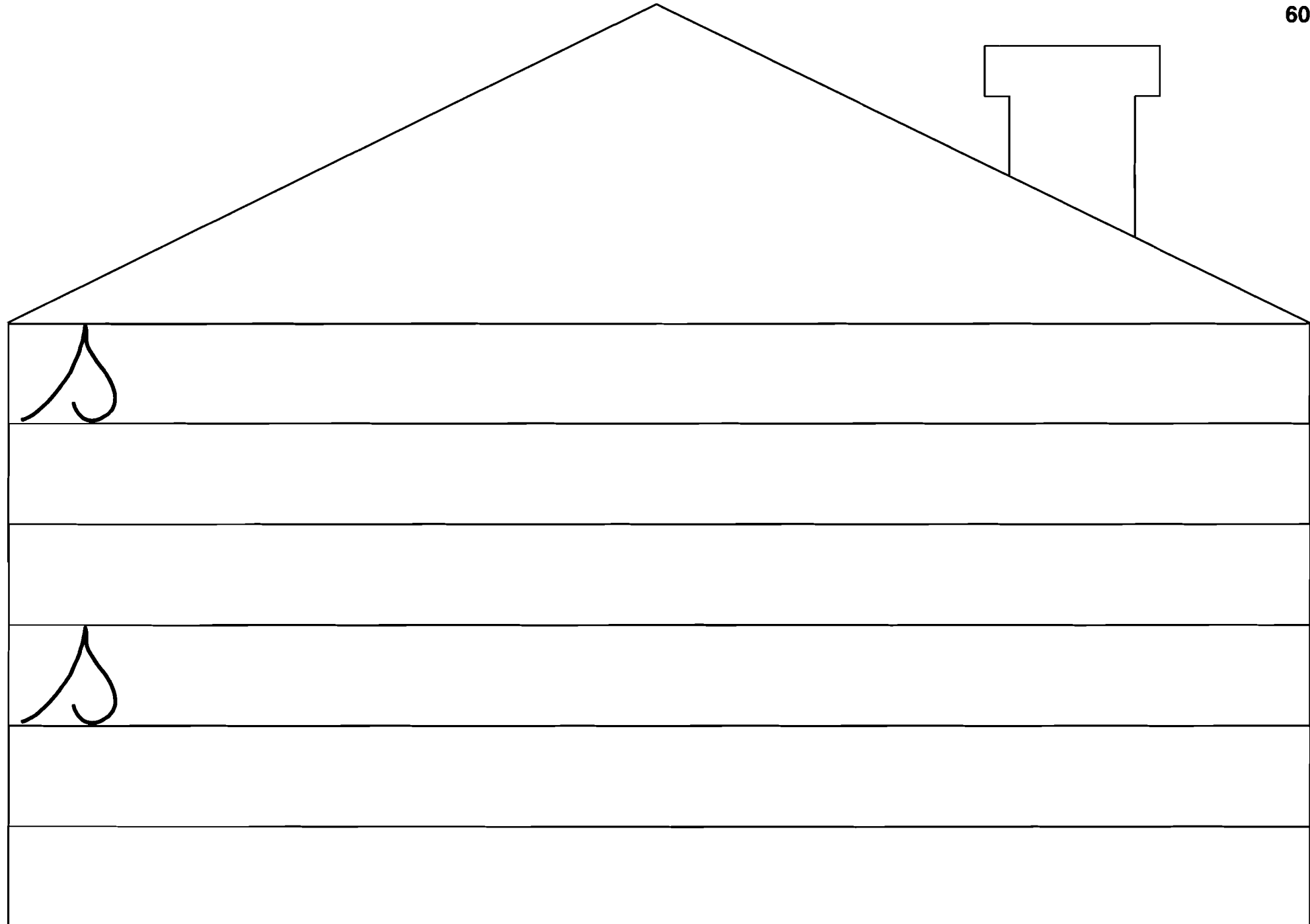
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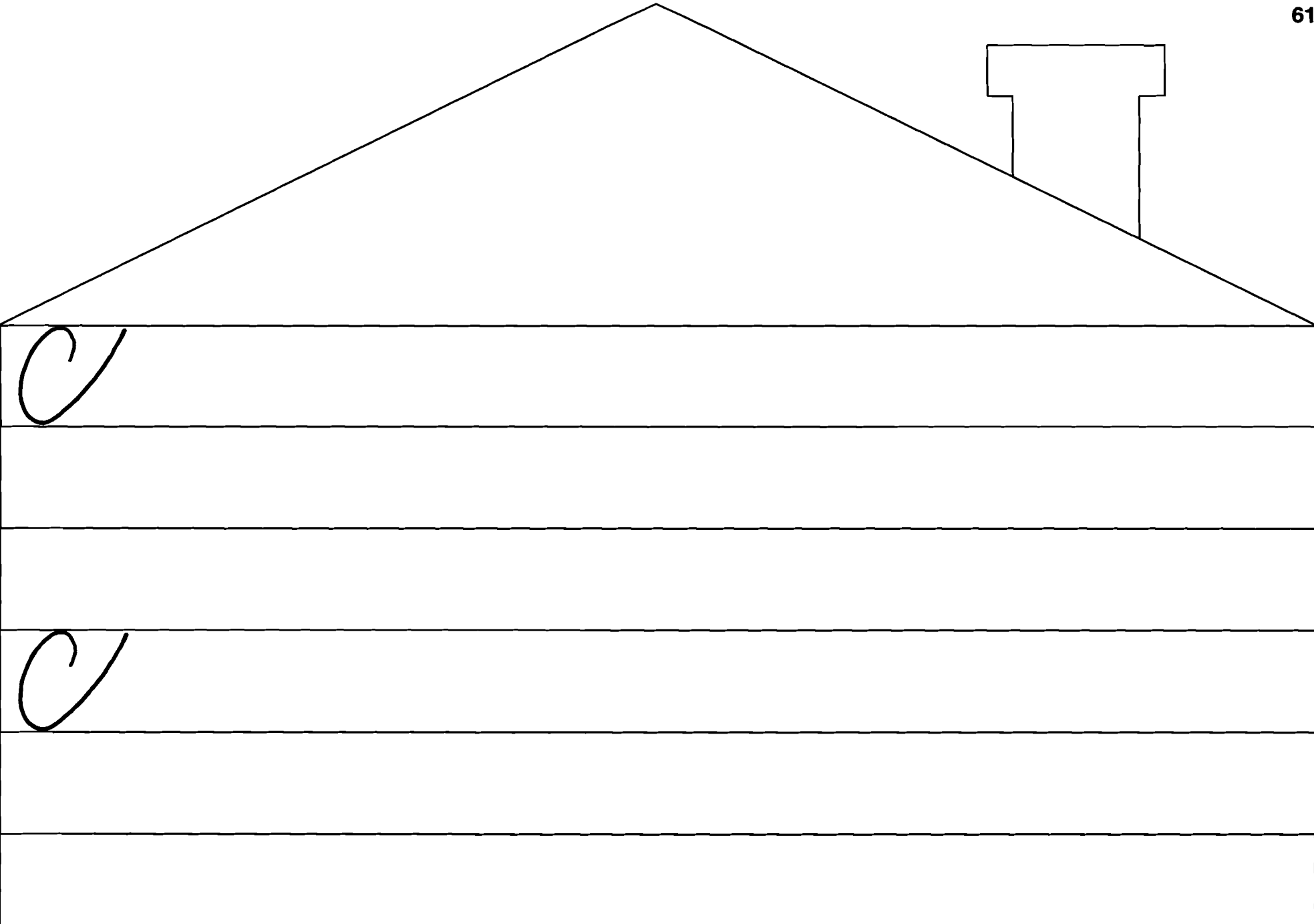






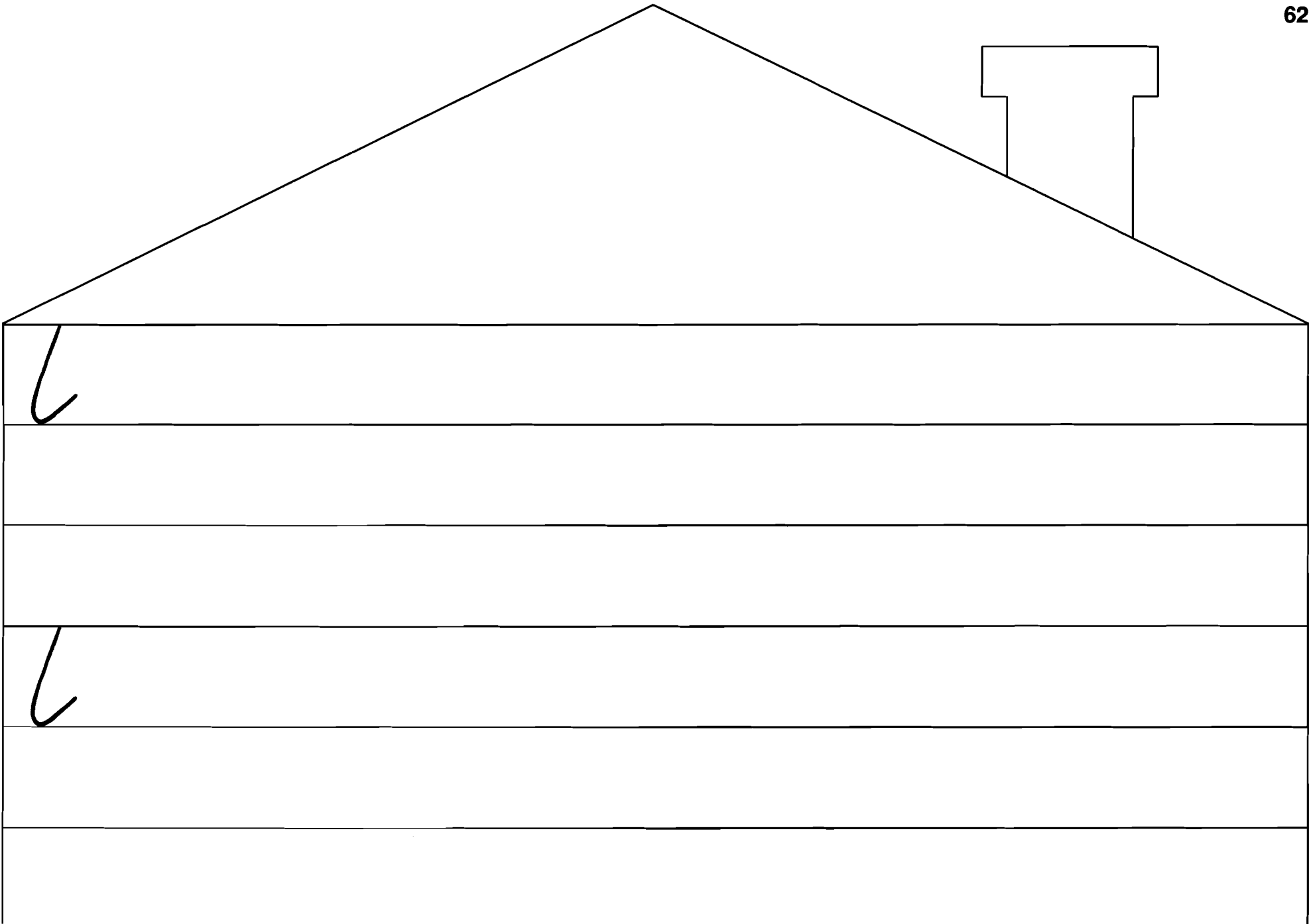




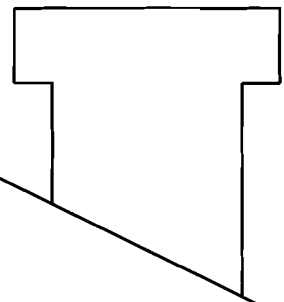


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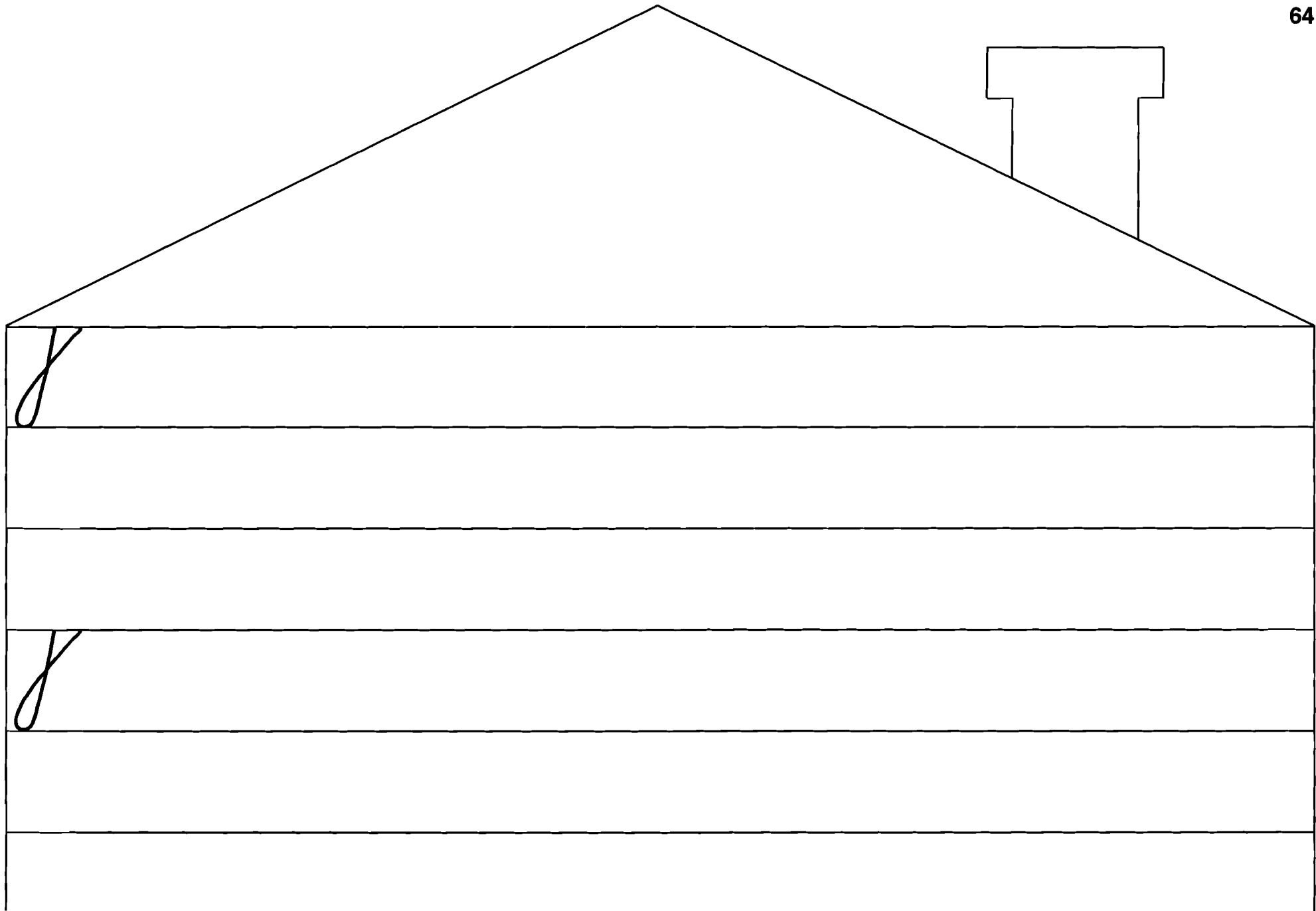






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**Mgr. Éva Misák**

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