<u>קישורים לצילומי שיעורים תכנית הלימודים לכיתה י"א:</u>

<u>תולדות החינוך הגופני והספורט</u>

נושא השיעור	קישור למצגת	קישור לשיעור המצולם
יוון הקלאסית מירב כהן סאלם	https://meyda.education.gov.il/files /Mazkirut_Pedagogit/hinuchgufani/ bagrut/Classical%20Greece%20-	https://pop.educati on.gov.il/online- learning/vod-
	%20Meirav%20Cohen%20Salem.pdf	broadcasts/realtime -vod-3-6- 2020/sport-10th- grade-12th-grade- /15302
ספורט באסלם ובנצרות, ישראל והתנועה האולימפית מיכל אור	https://meyda.education.gov.il/files /Mazkirut_Pedagogit/hinuchgufani/ bagrut/Sports%20in%20Islam%20an d%20Christianity,%20Israel%20and %20the%20Olympic%20movement %20-%20Michal%20Or.pdf	https://pop.educati on.gov.il/online- learning/vod- broadcasts/realtime -vod-3-6- 2020/sport-10th- grade-12th-grade- /1530
משחקי המכביה וספורטאים יהודים (במכביות ובמשחקים האולימפיים) מיכל אור	https://meyda.education.gov.il/files /Mazkirut_Pedagogit/hinuchgufani/ bagrut/The%20Maccabiah%20Game s%20and%20prominent%20Jewish% 20athletes.pdf	https://pop.educati on.gov.il/online- learning/vod- broadcasts/realtime -vod-3-6- 2020/sport-10th- grade-12th-grade- /15301
ספורט הנשים בישראל: עבר הווה ועתיד? מירב כהן סאלם	https://meyda.education.gov.il/files /Mazkirut_Pedagogit/hinuchgufani/ bagrut/Meirav%20Cohen%20Salem %20- %20Women's%20Sports%20in%20Is rael.pdf	https://pop.educati on.gov.il/online- learning/vod- broadcasts/realtime -vod-4-6- 2020/sport-11th- /grade-1352

<u>פסיכולוגיה של הספורט</u>

קישור לשיעור המצולם	קישור למצגת	נושא השיעור
https://pop.education.go	http://cms.education.gov.il/Educat	הפסיכולוגיה של הספורט –
v.il/online-learning/vod-	ionCMS/Units/Mazkirut Pedagogit	מבוא ואישיות
broadcasts/realtime-vod-	/HinuchGufani/Bagrut/teaching.ht	מיכל אור
2-6-2020/sport-10th-	m	
/grade-12th-grade-15021	_	
https://pop.education.go	https://meyda.education.gov.il/file	הגישות באישיות
v.il/online-learning/vod-	s/Mazkirut_Pedagogit/hinuchgufan	מיכל אור
broadcasts/realtime-vod-	i/bagrut/Different%20approaches	
2-6-2020/sport-10th-	%20in%20personality.pdf	
/grade-12th-grade-1502		
https://pop.education.go	https://meyda.education.gov.il/file	מבנה האישיות והעסוק
v.il/online-learning/vod-	s/Mazkirut_Pedagogit/hinuchgufan	בספורט
broadcasts/realtime-vod-	i/bagrut/Personality%20structure%	מיכל אור
2-6-2020/sport-10th-	20and%20sports%20practice.pdf	
/grade-12th-grade-15022		
https://pop.education.go	https://meyda.education.gov.il/file	מוטיבציה (הניעה) - חלק א
v.il/online-learning/vod-	s/Mazkirut_Pedagogit/hinuchgufan	הגדרות ותאוריות במוטיבציה
broadcasts/realtime-vod-	i/bagrut/Definition%20and%20the	קרן ברנר-דמלין
3-6-2020/sport-11th-	ories%20in%20its%20motifs%20-	
/grade-12th-grade-1521	%20Damlin%20keren.pdf	
https://pop.education.go	https://meyda.education.gov.il/file	מוטיבציה (הניעה) - חלק ב
v.il/online-learning/vod-	s/Mazkirut_Pedagogit/hinuchgufan	מוטיבציה ועולם הספורט
broadcasts/realtime-vod-	i/bagrut/Damlin%20keren%202.%2	קרן ברנר-דמלין
3-6-2020/sport-11th-	0Motivation%20and%20the%20wo	
/grade-12th-grade-15211	rld%20of%20sports.pdf	
https://pop.education.go	https://meyda.education.gov.il/file	לחץ כאמצעי להצלחה – לחץ
v.il/online-learning/vod-	s/Mazkirut_Pedagogit/hinuchgufan	ומודלים לתגובות ללחץ
broadcasts/realtime-vod-	i/bagrut/Michal%20Salzman%201.	ד"ר מיכל זלצמן
3-6-2020/sport-10th-	%20Stress%20as%20a%20means%	
/grade-12th-grade-15372	20to%20success%20-	
	%20what%20is%20pressure%20an	
	d%20models.pdf	
https://pop.education.go	https://meyda.education.gov.il/file	– לחץ כאמצעי להצלחה
v.il/online-learning/vod-	s/Mazkirut_Pedagogit/hinuchgufan	חרדה, חרדה חשיבתית,
broadcasts/realtime-vod-	i/bagrut/Michal%20Salzman%20Str	מבוא לשיטות טיפול בלחץ
3-6-2020/sport-10th-	ess%202.%20As%20a%20means%2	ד"ר מיכל זלצמן
/grade-12th-grade-15373	<u>0of%20anxiety%20-</u>	
	%20treatment%20methods.pdf	

<u>כושר גופני</u>

השא השיעור איינור מצולה (מצאת השיעור מצולה) https://pop.education.gov.il/o nline-learning/vod- broadcasts/realtime-vod-26-5- 2020/sport-10th-grade-12th- /grade-08401 https://pop.education.gov.il/o nline-learning/vod- broadcasts/realtime-vod-26-5- 2020/sport-10th-grade-12th- /grade-08401 https://pop.education.gov.il/o nline-learning/vod- broadcasts/realtime-vod-26-5- 2020/sport-10th-grade-12th- /grade-08400 https://pop.education.gov.il/o nline-learning/vod- broadcasts/realtime-vod-3-6- 2020/sport-10th-grade-12th- /grade-15371 https://pop.education.gov.il/o nline-learning/vod- broadcasts/realtime-vod-27-5- 2020/sport-10th-grade-12th- /grade-15370 https://pop.education.gov.il/o nline-learning/vod- broadcasts/realtime-vod-27-5- 2020/sport-10th-grade-12th- /grade-15390
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<u>פיזיולוגיה של המאמץ</u>

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נושא השיעור	קישור למצגת	קישור לשיעור המצולם
הרכב הגוף	https://meyda.education.gov.il/file	https://pop.education.gov.il/online-
הדס אבידן-גיאור	s/Mazkirut_Pedagogit/hinuchgufan	learning/vod-broadcasts/brodcast-
	i/bagrut/Body%20composition.pdf	/Inet/sport-10-12th-grade-5-5-11
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	body.pdf	
מבנה מערכת העצבים ותפקידה אורלי בלומנפלד	https://meyda.education.gov.il/file s/Mazkirut Pedagogit/hinuchgufan i/bagrut/Nervous%20system%20str ucture.pdf	https://pop.education.gov.il/online- learning/vod-broadcasts/realtime- vod-3-6-2020/sport-10th-grade- /12th-grade-15303
מערכת העצבים – העברת הדחף העצבי אורלי בלומנפלד	https://meyda.education.gov.il/file s/Mazkirut_Pedagogit/hinuchgufan i/bagrut/Nervous%20system,%20tr ansmission%20of%20the%20neural %20impulse%20- %20orly%20blomenfeld.pdf	https://pop.education.gov.il/online- learning/vod-broadcasts/realtime- vod-10-6-2020/sport-10th-grade- /12th-grade-1347
שרירי השלד ומבנה השריר עופר חדד	https://meyda.education.gov.il/file s/Mazkirut_Pedagogit/hinuchgufan i/bagrut/Skeletal%20muscles%201 %20- %20Skeletal%20muscles%20and%2 Omuscle%20structure%20- %20Ofer%20Hadad.pdf	https://pop.education.gov.il/online- learning/vod-broadcasts/realtime- vod-26-5-2020/sport-10th-grade- /12th-grade-08402
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מנגנון ההתכווצות, תיאוריית ההחלקה עופר חדד	https://meyda.education.gov.il/file s/Mazkirut Pedagogit/hinuchgufan i/bagrut/The%20contraction%20m echanism,%20skating%20theory%2 0-%200fer%20Hadad.pdf	https://pop.education.gov.il/online- learning/vod-broadcasts/brodcast- /Inet/sport-12th-grade-4-5-17

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