

veb-saytimiz: Zokirjon.com

Zokirjon.com veb-sayti orqali o'zingiz uchun kerakli ma'lumotlarni yuklab oling.

Zokirjon Admin bilan

90-530-88-18, 91-328-88-38 nomerga

telegramdan yozishingiz yoki telegramdan jek456 izlab telegramdan yozishingiz so'raladi.

Telegramda murojaatingizga o'z vaqtida javob beriladi.

O'zbekiston Respublikasi Maktabgacha va maktab ta'limi vazirining 2026-yil 26-maydagi 185-son buyrug'i 1- va 2-ilovalari, Suv resurslarini tejash, Ekologik tarbiya va Gigiyena madaniyatini shakllantirishga qaratilgan "Suvni asraymiz - kelajakni asraymiz" shiori ostidagi oylik tadbirlarni tashkil etish va o'tkazish bo'yicha yoz davri katta guruh iyul oyi ko'rgazmasini to'liq holda olish uchun telegramdan yozing

Telegram kanalimiz:

@maktabgacha_tt

To'lov uchun: HUMO 9860230104973329

Plastik egasi Nabiyev Zokirjon



DIQQAT!!!

Bu hujjatni hech kimga tarqatmaslik sharti bilan olishingiz mumkin.

Sizga bu **OMONAT** qilib beriladi.

To'liq holda olganingizdan so'ng:

Faqat o'zingiz uchun foydalaning.

Hech kimga bermang hattoki eng yaqin insoningizga ham.

Internet veb-saytlarga joylamang.

Telegram orqali kanal va gruppalarga tarqatmang.

OMONATGA HIYONAT QILMANG.

Online kompyuter xizmatlari

O‘zbek va rus bog‘chalari uchun

Buyutrma asosida

MTT direktori, direktor o‘rinbosari, MTT psixologi, defektologi, musiqa rahbari, jismoniy tarbiya yo‘riqchisi, MTT hamshirasi, XIBDO‘ va tarbiyachilar uchun:

testlar, to‘garaklar, bayram tadbir senariylari, ochiq faoliyat ishlanmalar va slaydlar (taqdimotlar), refetarlar, mustaqil ishlar, ko‘rgazma va tarqatmalar, faxriy yorliq, diplom, tashakkurnomalar va boshqa hujjatlarni tayyorlab beramiz.

Tel:91669-34-74 Telegramdan: @talimxizmatlar izlab toping.

Подготавливаем для директора МТТ, заместителя директора, психолога МТТ, дефектолога, музыкального руководителя, инструктора по физической культуре, медсестры МТТ, ХИБДО и воспитателей:

тесты, кружки, сценарии праздничных мероприятий, разработки открытых занятий и слайды (презентации), рефераты, самостоятельные работы, выставки и раздаточные материалы, почётные грамоты, дипломы, благодарственные письма и другие документы.

Тел: 91669-34-74 Telegram: @talimxizmatlar (найдите по поиску)



MAKTABGACHA
VA MAKTAB
TA'LIMI VAZIRLIGI



Iyuringiz

OY MAHALLUSI:

YOZ O'QUV DAVRIDA SO'Z

KAMALAT GURUH



**SALOMAT BOLA –
YORQIN KELAJAK!**



1-hafta mavzasi

Sport o'yinlari va mashqlar

2-hafta m...
Ekolojik
o'v...
va...ribalar



3-hafta mavzu

Yozda suv ichish tartibi va gigiyena



Suvni kun davomida
me'yorida iching!



Toza va xavfsiz
suv iching!



Jismoniy faoliyatdan
keyin suv ichishni
unutmang!

Suv – hayot manbai!
Uni to'g'ri iching
va o'zingizni asrang!



Ovqatdan oldin va
hojatxonadan keyin
qo'llaringizni sovun bilan
yuving!



Har kuni dush qabul
qiling!



Shaxsiy gigiyenaga
rioya qiling!

4-hafta ma'muliyat

Sport va salomatlik

- ✓ Faol harakat qil!
- ✓ To'g'ri ovqatlan!
- ✓ Ko'proq suv ich!
- ✓ Yetarlicha dam ol!
- ✓ Gigiyenaga rioya qil!











TO'NG'LIK LAR D A N
Q O ' L L A R I N G I Z N I
Y U V I N G

S U V N I O Z - O Z D A N ,
L E K I N T E Z - T E Z I C H I N G

SOG'LOM BO'LISH UCHUN SUV ICHAMIZ!



Toza suv iching.



Kun davomida
vaqtida suv
iching.



Chanqaganda
suv iching.



Suvni oz-ozdan,
lekin tez-tez iching.



Ovqatdan oldin
qo'llaringizni
yuing.



Shaxsiy gigiyena
qoidalariga
rioya qiling.





SPORT -
SALOMATLIK
KAFOLATI!





SPORT VA SALOMATLIK

Sog'lom tana – sog'lom aql!



SHUG'ULLANING SARI



Yurakni mustahkamlaydi



Muskullarni kuchaytiradi



Kayfiyatni ko'taradi



Immunitetni mustahkamlaydi



Charchoqni kamaytiradi

SOG'LOM TURMUSH



Har kuni muntazam harakat qiling.



Kifayli suv iching.



Yomon ovqat qiling: makkajo'ntiq, sut mahsulotlari.



Yetarlicha uyqu oling.



Shaxsiy gigiyenaga rioya qiling.

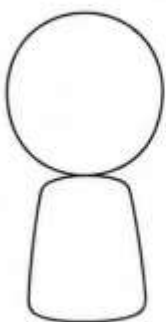


SPORT BILAN SHUG'ULLANING – SOG'LIK SARI INTILING!

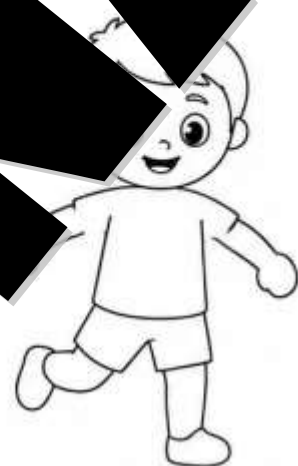
Tasviriy faoliyat

Sport o'yinlari va mashqlar

1



2



4



5



6

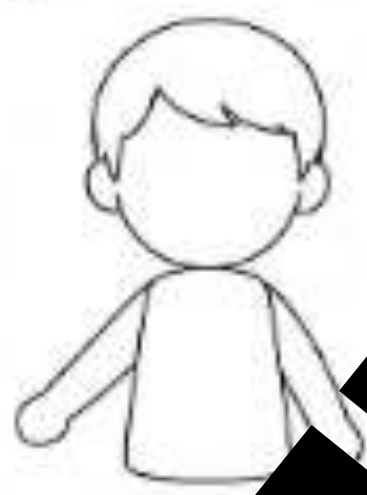


MAHMUM

1



2



3



4



5



6



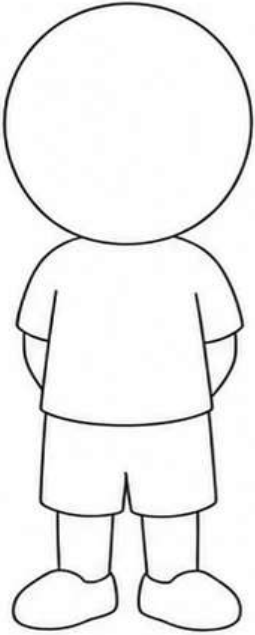
NAME MUNA



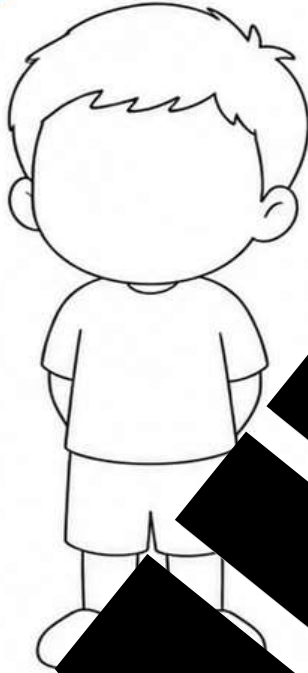
Yozda suv ichish tartibi va gigiyena



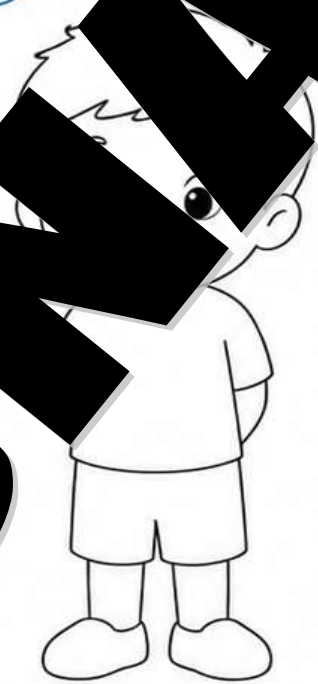
1



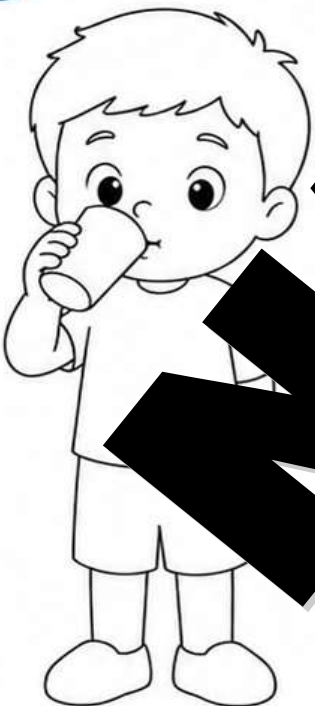
2



3



4



5



6

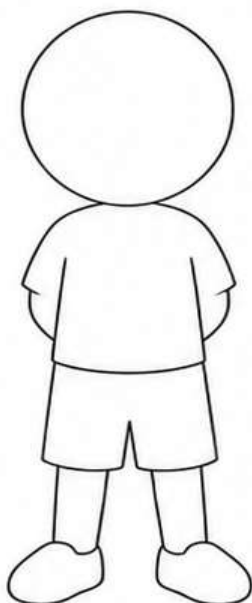




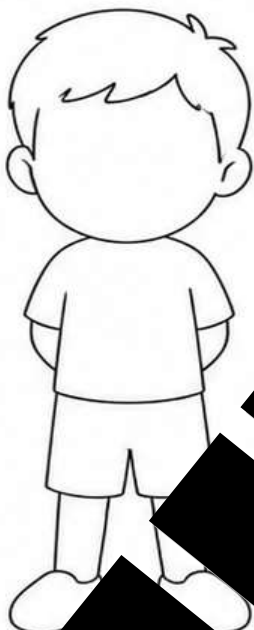
Sport va salomatlik



1



2



3



4



5



6



Bo'yash uchun

Sport o'yinlari va mashqlar



Sport o'yinlari va mashqlar



Bo'yash uchun

Ekologik o'yinlar va tajribalar



Ekologik o'yinlar va tajribalar




Yozda suv ichish tartibi va gigiyena



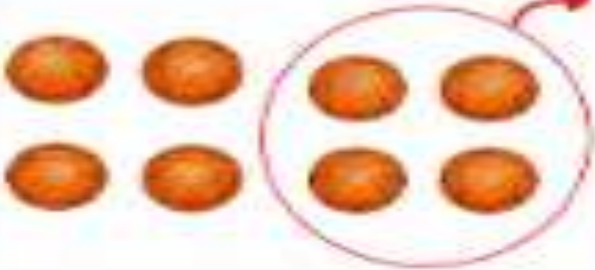
Yozda suv ichish tartibi va gigiyena




Matematika



$7 - 3 = \square$




$6 - 4 = \square$



$9 - 4 = \square$



$7 - 1 = \square$




$6 - 2 = \square$



$5 - 3 = \square$



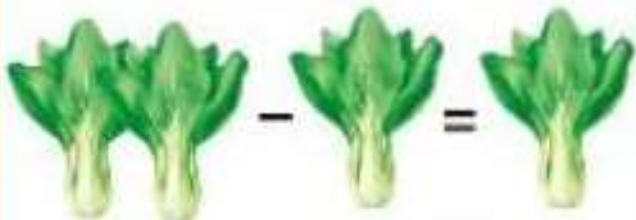
$9 - 4 = \square$



$7 - 2 = \square$

RAMUN

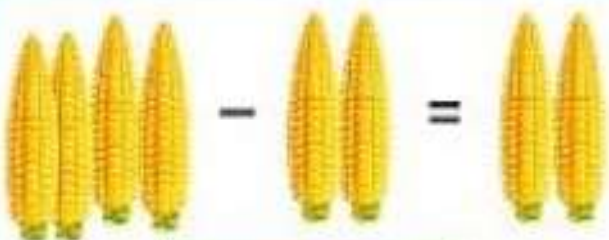
Matematika



$$2 - 1 = 1$$



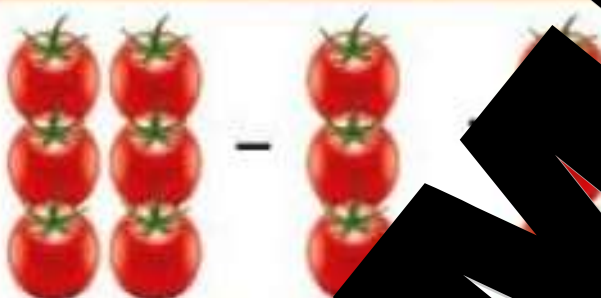
$$3 - 1 = 2$$



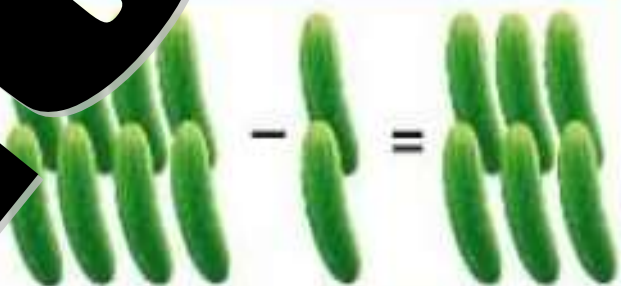
$$4 - 2 = 2$$



$$5 - 3 = 2$$



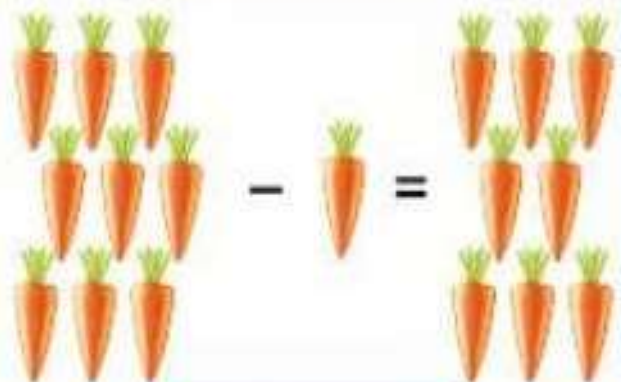
$$6 - 3 = 3$$



$$8 - 2 = 6$$



$$3 - 1 = 2$$



$$9 - 1 = 8$$

KAMUKA

Matematika

10

9

8

7

6

5

4

3

2

1

0

$9 - 4 = \underline{\quad}$

$8 - 4 = \underline{\quad}$

$10 - 4 = \underline{\quad}$

$9 - 3 = \underline{\quad}$

$8 - 3 = \underline{\quad}$

$9 - 7 = \underline{\quad}$

$8 - 7 = \underline{\quad}$

$10 - 7 = \underline{\quad}$

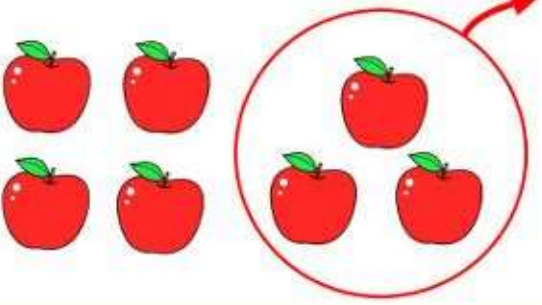
$9 - 6 = \underline{\quad}$

$9 - 8 = \underline{\quad}$

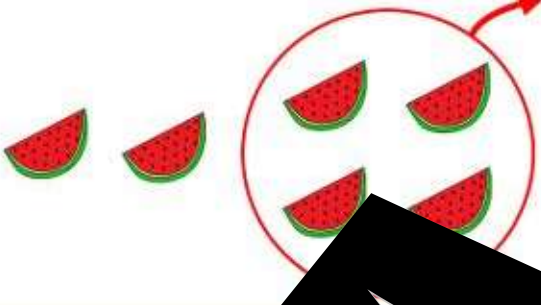


WAMMUNA

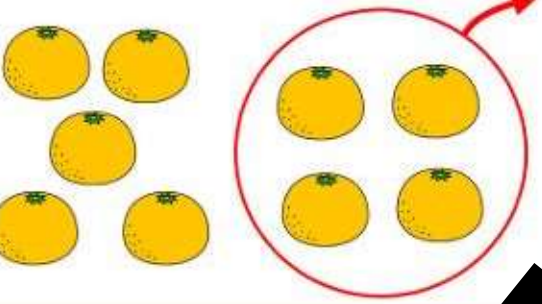
Matematika



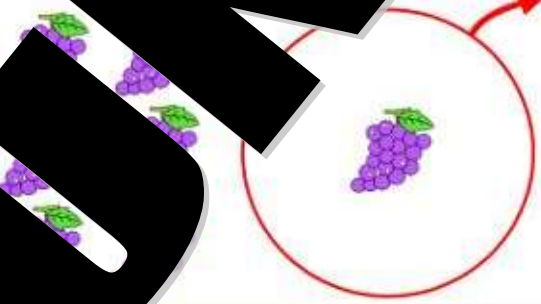
$7 - 3 = \square$



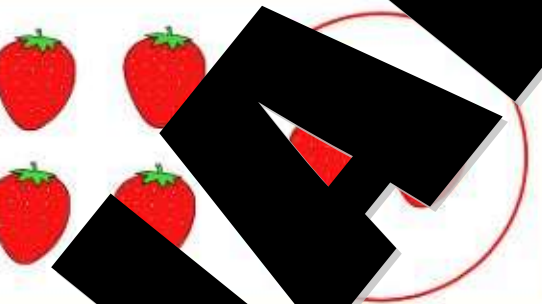
$6 - 4 = \square$



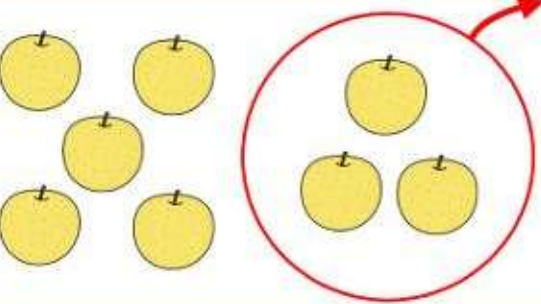
$9 - 4 = \square$



$7 - 1 = \square$



$4 - 1 = \square$



$8 - 3 = \square$

Qirg'ish uchun



MAHUM

Qirg'ish uchun



MEMU

Qirg'ish uchun



MAHMUM

Qirg'ish uchun



MAHJUNGA

Farqini top



Farqini top



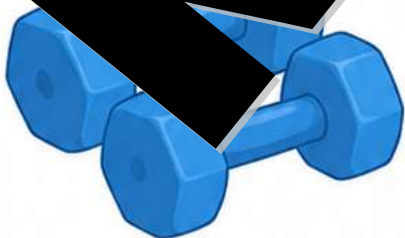
Farqini top



Farqini top



O'rnini top!



MAMAMUNYA

O'rnini top!



MEMUMUKA

O'rnini top!



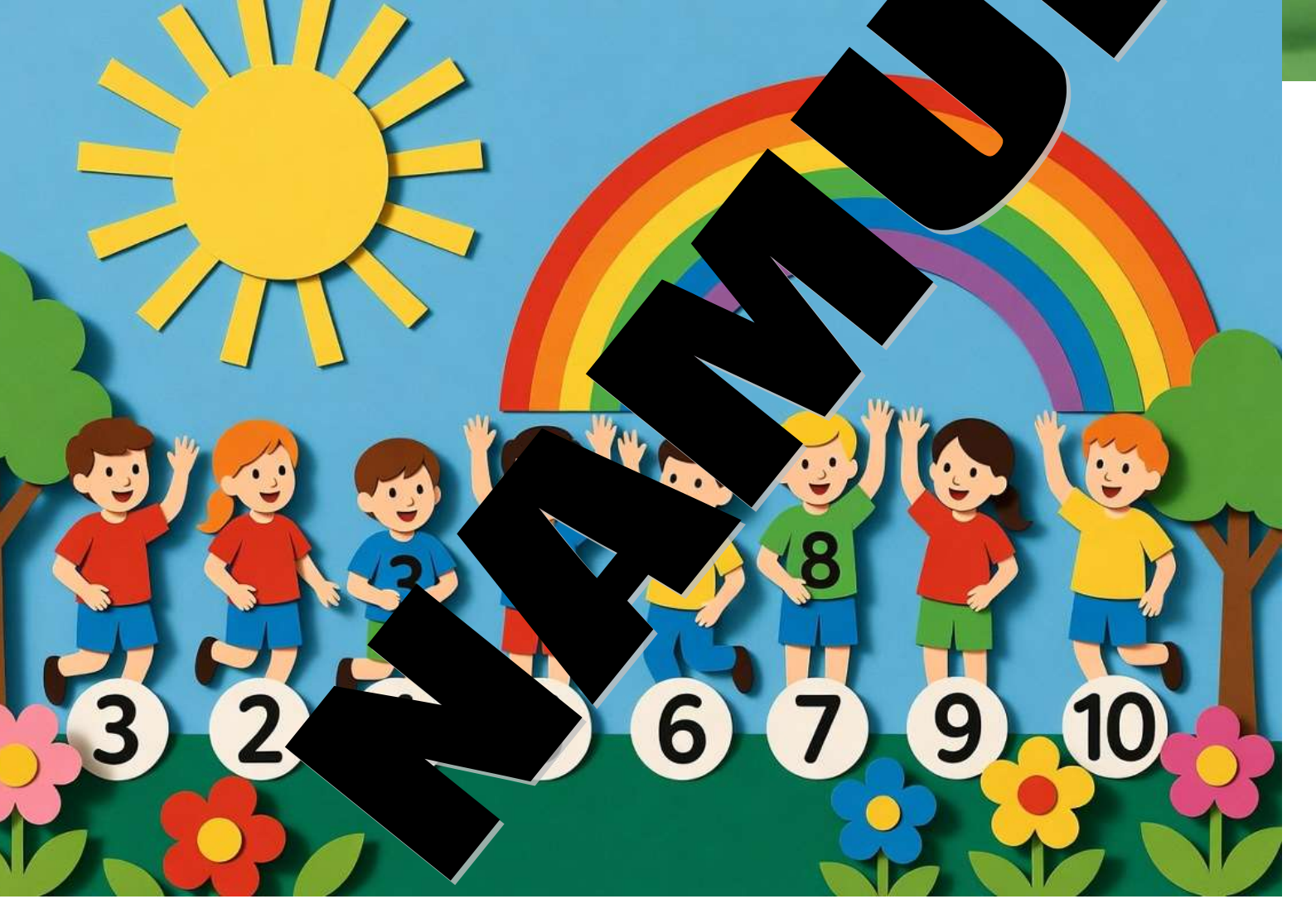
MAHOLUNA

O'rnini top!



MAMMUNA

Applikatsiya



Applikatsiya



Applikatsiya



Applikatsiya



Rag'bat kartochkalari



MA'NUM