

05.18.

<https://zanza.tv/testneveles-es-sport/sportagi-ismeretek/atletika-ugro-es-doboszamok>

05.19.

<https://zanza.tv/testneveles-es-sport/sportegeszsegtan/az-egeszseges-eletmod-alapelvei>

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[https://www.youtube.com/watch?v=jV\\_C2Gi5DcE&feature=youtu.be&fbclid=IwAR2I84AUE8stcEh0WaUmlqPmped5axCNsPxBUPErD8wIWonDfnueljhrNpc](https://www.youtube.com/watch?v=jV_C2Gi5DcE&feature=youtu.be&fbclid=IwAR2I84AUE8stcEh0WaUmlqPmped5axCNsPxBUPErD8wIWonDfnueljhrNpc)

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<https://www.youtube.com/watch?v=QoR5MY8RsmM>