

05.25.

<https://www.youtube.com/watch?v=UJ1QG8aoqQk&t=5s&fbclid=IwAR1bPEIwJW4PUT32H337pVsm6tXpby3lpOKVTRm1Vg-uvRB81YQgeMvV0Q>

05.26.

<https://www.youtube.com/watch?v=P3tFXXAZVPk>

05.27.

<https://wordwall.net/hu/resource/2198403/mozg%c3%a1s>

05.28.

<https://www.youtube.com/watch?v=6yL8yYJJ7Kw>

05.29

<https://zanza.tv/testneveles-es-sport/sportegeszsegtan/testedzes-eletkori-sajatossagai>