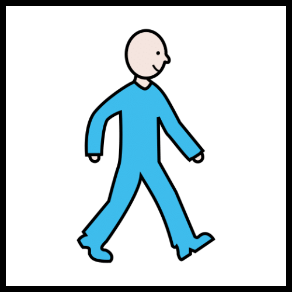
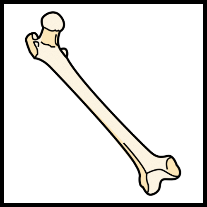
**ORGANI ZA KRETANJE**

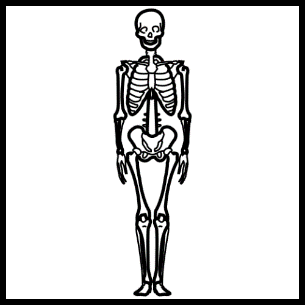
**TRČANJE HODANJE**

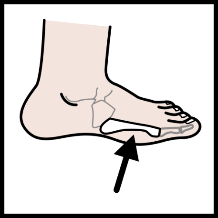
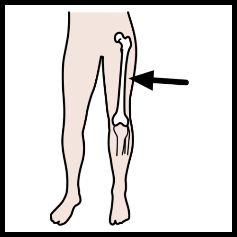
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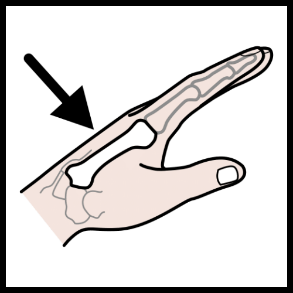
**KOSTI**

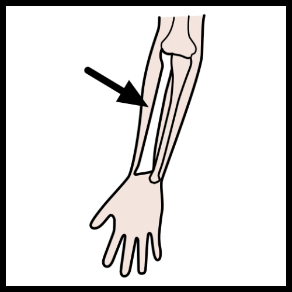


ČVRSTI DIJELOVI TIJELA POVEZANI SU U **KOSTUR.**



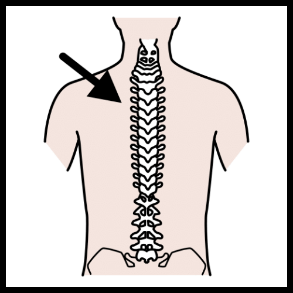
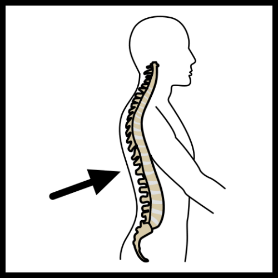
 NOGA IMA KOSTI

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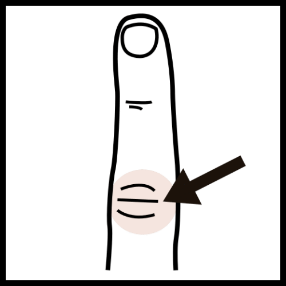
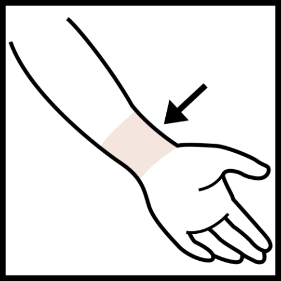


RUKA IMA KOSTI

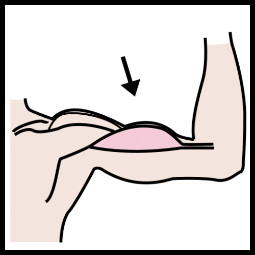
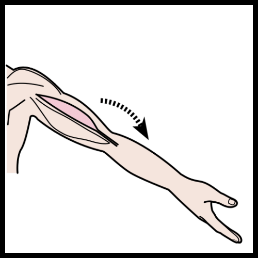
**KRALJEŽNICA -** OSNOVNI DIO KOSTURA

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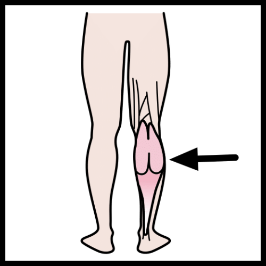
**ZGLOBOVI** – POMIČU SE, SPAJAJU KOSTI UDOVA.

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MIŠIĆI



RUKE IMAJU MIŠIĆE.



NOGE IMAJU MIŠIĆE .

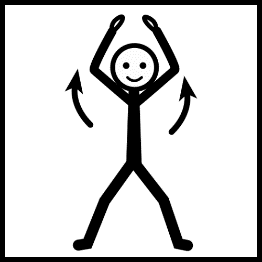
TRBUH IMA MIŠIĆE.

**STEZANJEM I OPUŠTANJEM MIŠIĆA POKREĆU SE KOSTI.**

KAKO ČUVAMO ZDRAVLJE ORGANA ZA KRETANJE?



1. ZDRAVA PREHRANA



1. TJELOVJEŽBA
2. ŠTO NAM TREBA ZA KRETANJE?

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1. ČVRSTI DIJELOVI TIJELA POVEZANI SU U

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1. OSNOVNI DIO KOSTURA ZOVE SE:
2. KRALJEŽNICA
3. ZGLOB
4. ŠTO SPAJA KOSTI I POMIČE SE?
5. KOST
6. ZGLOB
7. ŠTO NAM TREBA ZA OČUVANJE ZDRAVLJA ORGANA ZA KRETANJE?

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1. IMAJU LI RUKE I NOGE MIŠIĆE?

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1. IMAJU LI RUKA I NOGA KOSTI?

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RAZUMIJEM KOJI SU MI ORGANI POTREBNI ZA KRETANJE. ZAOKRUŽI KAKO SE OSJEĆAŠ.

