



**Nechodit neznamená zůstat stát**  
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## Paralympiáda 2024

Koupilová 200VZ - [https://www.youtube.com/live/KqOHe2oPUgU?si=XZ2I0\\_n8aYpqbriD&t=12719](https://www.youtube.com/live/KqOHe2oPUgU?si=XZ2I0_n8aYpqbriD&t=12719)

Kratochvíl 100Z - <https://www.youtube.com/live/qdarxpJK1Ps?si=co55c9IJCgd5cJFu&t=3901>

Petráček 50Z - <https://www.youtube.com/live/g6Sx4JBlsrw?si=q24biGE5AACndflq&t=5578>

## Klasifikace

50P SB3 - <https://youtu.be/tpsyVm7k80c?si=pULSC205zhGiHfO3&t=83>

50VZ S10 - [https://youtu.be/rOdMj5oB2cM?si=crd\\_ktXopcZ5MDVg&t=86](https://youtu.be/rOdMj5oB2cM?si=crd_ktXopcZ5MDVg&t=86)

150PZ SM4 - [https://www.youtube.com/watch?v=NCoe8tpyUdg&ab\\_channel=ParalympicGames](https://www.youtube.com/watch?v=NCoe8tpyUdg&ab_channel=ParalympicGames)

100VZ S7 - [https://www.youtube.com/watch?v=NSQMyyUYJlk&ab\\_channel=ParalympicGames](https://www.youtube.com/watch?v=NSQMyyUYJlk&ab_channel=ParalympicGames)

[https://www.youtube.com/watch?v=vjI0RRAW-28&ab\\_channel=paralympicsire](https://www.youtube.com/watch?v=vjI0RRAW-28&ab_channel=paralympicsire)

Míčková – 50P SB3 -

[https://www.youtube.com/watch?v=XH3mwdl6Kel&t=45s&ab\\_channel=ParalympicGames](https://www.youtube.com/watch?v=XH3mwdl6Kel&t=45s&ab_channel=ParalympicGames)

## Metodika

Gymnastika - <https://www.youtube.com/watch?v=Y6Hds5DIBSQ>

Motýlek protipohyby - <https://www.youtube.com/watch?v=IBqjRCZ4UgE&feature=youtu.be>

Znak sbaleně -

[https://www.youtube.com/watch?si=x6kMQ11attkUkkR\\_&t=512&v=QaTnPeX08Vg&feature=youtu.be](https://www.youtube.com/watch?si=x6kMQ11attkUkkR_&t=512&v=QaTnPeX08Vg&feature=youtu.be)