

**Разминка:** <https://www.youtube.com/watch?v=K1bg-8SjaO4>

**Оранжевый мяч 1.1, 1.2**

[https://www.youtube.com/watch?v=L\\_A\\_HjHZxfl](https://www.youtube.com/watch?v=L_A_HjHZxfl)