



منهاج رياض الأطفال التطويري



الوحدة الأولى

# أهلاً بالروضة



بطاقات

صور الوحدة وحروفها

وكلماتها وأعدادها

مطبعة عمال المطابع  
Printers Press

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# منهاج رياض الأطفال التطوُّريّ

## الوحدة الأولى أهلاً بالروضة

بطاقات  
صور موضوعات الوحدة





















Vertical red line

Vertical red line

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Ahmad Hyabac  
Photography











# منهاج رياض الأطفال التطوُّريّ

## الوحدة الأولى أهلاً بالروضة

### بطاقات

الكلمات / صور الكلمات / صور المعداد

Words Flashcards



ماما







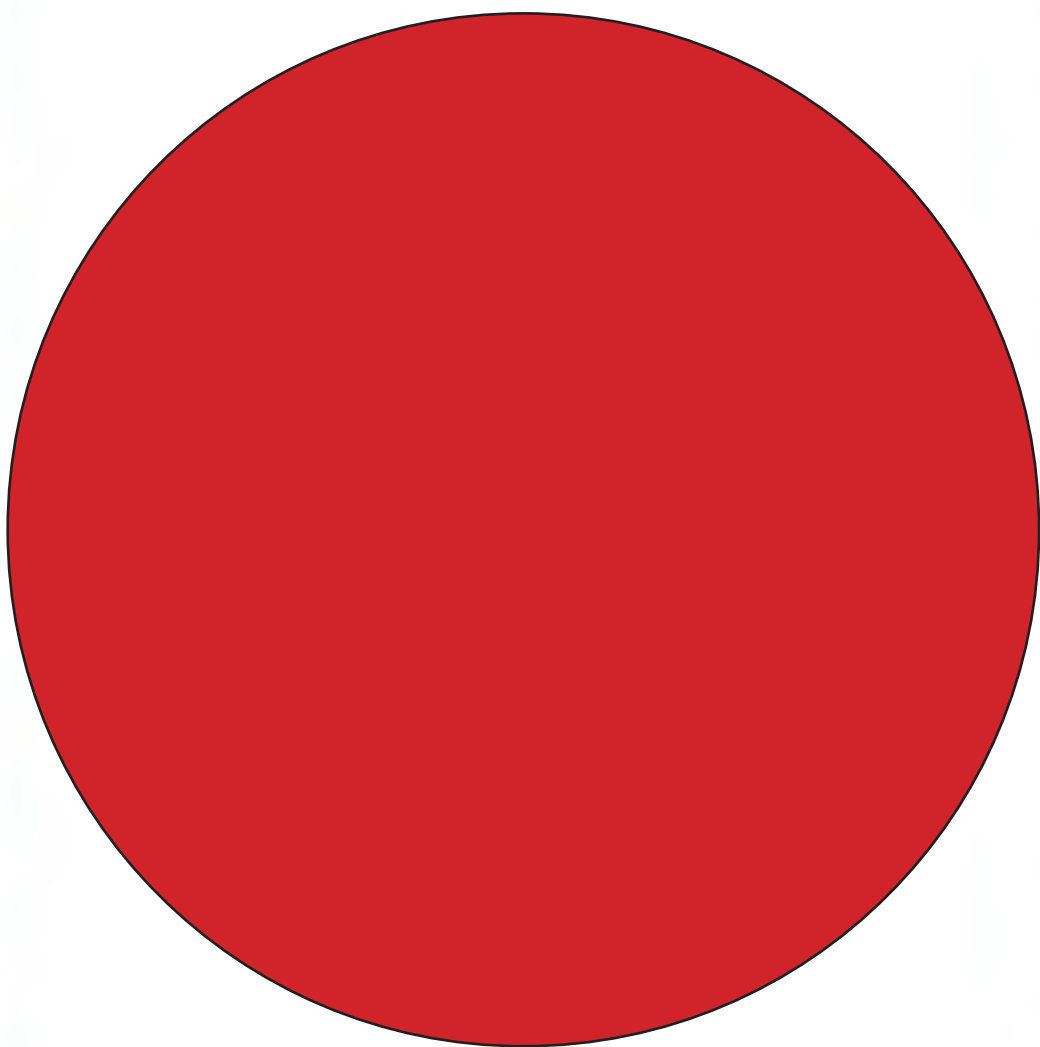
بِ











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Cat



Crip



Cake



# Car



art



reprise







منهاج  
رياض الأطفال التطوُّري  
الوحدة الأولى  
أهلاً بالروضة

بطاقات  
الأحرف / المقاطع / الأعداد

Letters Flashcards

Table 1. Mean (SD) age, height, weight, and body mass index (BMI) of the participants in the three groups

Variable	Control group	Low-intensity group	High-intensity group
Age (years)	15.1 (0.4)	15.1 (0.4)	15.1 (0.4)
Height (cm)	166.1 (6.1)	166.1 (6.1)	166.1 (6.1)
Weight (kg)	58.2 (10.2)	58.2 (10.2)	58.2 (10.2)
BMI (kg m <sup>-2</sup> )	20.8 (2.8)	20.8 (2.8)	20.8 (2.8)

control group. The low-intensity group performed 1000 squats and 1000 sit-ups per week, and the high-intensity group performed 2000 squats and 2000 sit-ups per week. The participants in the control group performed no exercise.

The participants in the control group were asked to perform no exercise, and the participants in the low-intensity group were asked to perform 1000 squats and 1000 sit-ups per week.

The participants in the high-intensity group were asked to perform 2000 squats and 2000 sit-ups per week. The participants in the control group performed no exercise.

The participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week, and the participants in the high-intensity group performed 2000 squats and 2000 sit-ups per week.

The participants in the control group performed no exercise, and the participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week.

The participants in the high-intensity group performed 2000 squats and 2000 sit-ups per week, and the participants in the control group performed no exercise.

The participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week, and the participants in the high-intensity group performed 2000 squats and 2000 sit-ups per week.

The participants in the control group performed no exercise, and the participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week.

The participants in the high-intensity group performed 2000 squats and 2000 sit-ups per week, and the participants in the control group performed no exercise.

The participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week, and the participants in the high-intensity group performed 2000 squats and 2000 sit-ups per week.

The participants in the control group performed no exercise, and the participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week.

The participants in the high-intensity group performed 2000 squats and 2000 sit-ups per week, and the participants in the control group performed no exercise.

The participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week, and the participants in the high-intensity group performed 2000 squats and 2000 sit-ups per week.

The participants in the control group performed no exercise, and the participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week.

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The participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week, and the participants in the high-intensity group performed 2000 squats and 2000 sit-ups per week.

The participants in the control group performed no exercise, and the participants in the low-intensity group performed 1000 squats and 1000 sit-ups per week.

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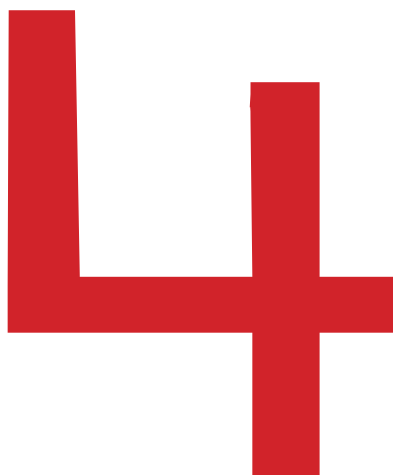


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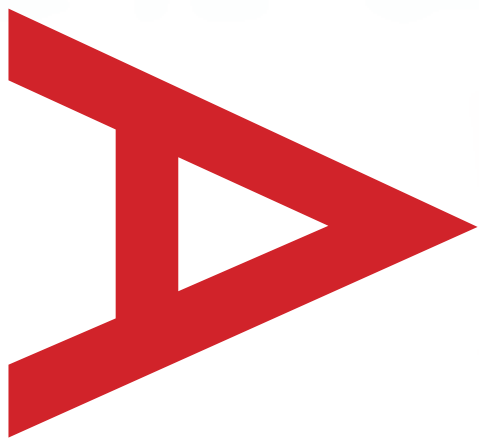
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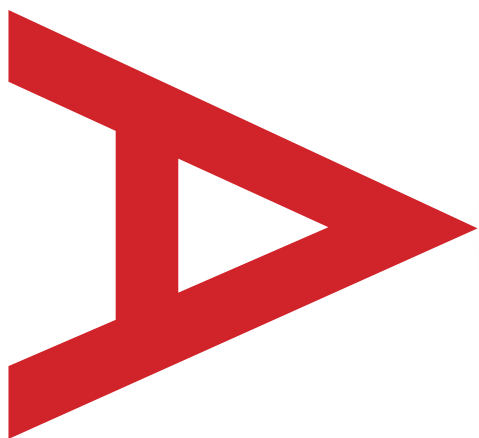
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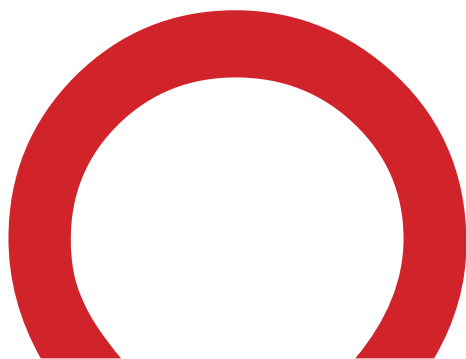
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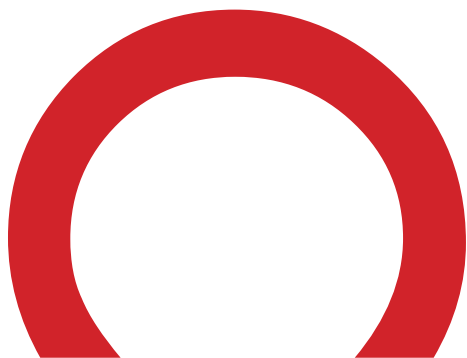
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منهاج رياض الأطفال التطوري  
الوحدة الأولى



# أهلاً بالروضة



بطاقات

صور الوحدة وحروفها  
وكلماتها وأعدادها