МУНИЦИПАЛЬНОЕ АВТОНОМНОЕ ДОШКОЛЬНОЕ ОБРАЗОВАТЕЛЬНОЕ УЧРЕЖДЕНИЕ ГОРОДА НАБЕРЕЖНЫЕ ЧЕЛНЫ «ДЕТСКИЙ САД ОБЩЕРАЗВИВАЮЩЕГО ВИДА С ПРИОРИТЕТНЫМ ОСУЩЕСТВЛЕНИЕМ ДЕЯТЕЛЬНОСТИ ПО ПОЗНАВАТЕЛЬНО - РЕЧЕВОМУ НАПРАВЛЕНИЮ РАЗВИТИЯ ДЕТЕЙ №73 «ОГОНЕК»
423821, Республика Татарстан, город Набережные Челны, пр. Сююмбике, дом 62 (23/03)

ЯР ЧАЛЛЫ ШӘҺӘРЕНЕҢ "КЕЧКЕНӘ УТ" 73 НЧЫ БАЛАЛАРНЫҢ ТАНЫП БЕЛҮ-СӨЙЛӘМ ЮНӘЛЕШЕ БУЕНЧА ҮСЕШЕ ЭШЧӘНЛЕГЕН ӨСТЕНЛЕКЛЕ ГАМӘЛГӘ АШЫРУЧЫ ГОМУМҮСТЕРЕШЛЕ БАЛАЛАР БАКЧАСЫ" МУНИЦИПАЛЬ АВТОНОМИЯЛЕ МӘКТӘПКӘЧӘ БЕЛЕМ БИРҮ УЧРЕЖДЕНИЕСЕ
423821, ТР, Яр Чаллы шәһәре, Сөембике проспекты., 62 (23/03)

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УТВЕРЖДАЮ
заведующий МАДОУ № 73 «Огонёк»
_____ М.Р.Багманов
«29» 08 2024 г.

Введен в действие
Приказом заведующего
№ 185
«29» 08 2024 г.

Рассмотрен и утвержден
на заседании педагогического совета
МАДОУ № 73 «Огонёк»
Протокол № 1 от 29.08 2024г.

Рабочая программа / Эш программасы
инструктора по физической культуре (плавание)
Коловской Айгуль Фоатовны
на 2024-2025 год

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<b^ jZ[hlu	Kh^_j`Zgb_	Kjhd bkihe gby	Mkeh\by ijh_^_gb	Ij_^eZ]Z_fuc j_amevlZl
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	kx`_l-gh e_\Zy l\hjq_kdZy b ^j	g_^_e f_kyp	F:>HM	
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:gZeblb kdZy ^_yl_ev lv	H[jZ[hldZ ZgZeba b h ihemq_gguo j_amevlZlh\ ^bZ]ghklbq_kdbo bkke_^h\Zgbc	ih f_j_ ihklmi gby	H[jZ[hldZ j_amevlZlh\ dhfie_dkghc ^bZ]ghklbdb ^hrdhevgbdh	NhjfZ. 1 AZiheg_gb_ k f_^bpbgkdhc dZjlu NhjfZ 1Rm
HkgZs_ _ i_^Z]h] kdh]h ijhp_kk	Ba]hlh\e_gb_ ijZdlbq_ ihkh[bcy ©J_qv b fure_^eby ^hrdhevgb-5he_l H<Aª	g_^_ f_kyp	Ba]hlh\e_ h[mqZxs_]h ©J_qv b fure_gb_ª d ijZdlbq_kdhf ihkh[bx	IjZdlbq_kdh_ ih ©J_qv b fure_gb_ ^hrdhevgb-dhe_l H<Aª
KZfhh[j h\Zgb	Bamq_gb_ ©GZ\uijh ijbn_kkbhgZevghc wnn_dlb\ghklbª Z\lhj K l_ljmobgZ: KlxobgZ	1-4 g_^_e f_kyp	Bamq_gb_ ikboheh]h i_^Z]h]bq_kd ebl_jZlmju i gZijZ\e_gbx ©<ajhkeu_ b ^_lb beb ij_h^he_lv ljm^ghklb \ h[s_gbbª	1. JZajZ[hldZ kp_gZ ikboheh]bq_kdh]h lj_gbg]Z ©>hrdhev kihkh[u ij_h^he_gb ijh[e_f \aZbfh^_ck

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<b^ jZ[hlu	Kh^_j`Zgb_	Kjhd bkihe gby	Mkeh\by ijh_^_gb	Ij_^eZ]Z_fuc j_amevlZl
Ikboheh q_kdZ ^bZ]gh dZ ^hrdhev dh\	>bZ]lghk ikboheh]bq_k]hlh\ghklZjrb]jmii k h[mq_gbx_^g_c h[s_h[jZah\Zl_evghc rdh	g_^_ f_kyp	Bg^b\b^mZ ihaZijhkm jh^bl_e_c	NhjfZ. 1 AZiheg_gb_ f_^ dZjlu NhjfZ -1mR
Dhjj_dp gg-h jZa\b\Z Zy ijhnbeZ bq_kdZ jZ[hlZ k ^hrdhev - dZfb	Ijh]jZffZ h[jZah\Zl_ev ^_yl_evgh\jlm kjmiiZo h[s_jZa\b\Zxs_c gZijZ\e_gghklb ^ey ^hrdhev ^h e_l k H<A ih aZd IFId ©Q_j_a b]jm d ihag >hihegbl_evgZy h[s_h[jZah\Zl_evgZy ijh]jZffZ khpbZevgh gZijZ\e_gghklb ©g_a khpbZevgbiª >hihegbl_evgZy h[s_h[jZah\Zl_evgZy ijh]jZffZ khpbZevgh gZijZ\e_gghklb aZgylbc dhfgZl_ dZ[bg_l ikbohe jZa]jmadb ©JZ^m`gh_ h	1-4 g_^_e f_kyp 1-4 g_^_e f_kyp 1-4 g_^_e f_kyp	=jmiih\Zy jZ[hlZ k ^hrdhevgbdZ ^he_l =jmiih\Zy jZ[hlZ k ^hrdhevgbdZ ^he_l khklhysbo gZ mq_\l_LD>G b AI K_ldZ aZg ^hrdhevgbdZ	NhjfZ. 1 NhjfZ. 1 NhjfZ. 1

JZ[hlZ i_^Z]hj Z^fbgbk Zpb_c	JZ[hlZhj\ql_\kdhc]jmii_ Zll_klZpb^bZ]h]h\ Bg^b\b^mZevgh_ dhgk ih\hijhkZ\a\blby h[mq_g \hkiblZgbydhevgbdh\	1-4 g_^_e f_kypZ 1-4 g_^_e f_kypZ	Ih^]hlh\dZ iZd_^hdmf_g ^eyZll_klZpbb i_^Z]h]Z Bg^b\b^mZ	Hlq_l l\hjq_kdhc NhjfZ. 1
JZ[hlZ jh^bl_e b	L_fZ ©J_[_ghd g_ hij h`b^Zgbeyb q_luj_ aZih\_ fm^jh]h jh^bl_eyª Mgb\_jkbl_l ^ey jh^bl_ ©IhagZ\Zc b]jZyª L_fZ ©>\b`_gbdeZ^h\Zygbª IjZdlbdmf ©Fhc _k_euc fyqbeb jZa\blb_ gZ eZ^h	1-2 g_^_e f_kypZ g_^_ f_kypZ	Dhgkmevl^ eyjh^bl_e_c]jmii h[s_jZa\b\Zx gZijZ\e_gghk ^_l_c h^h e Mgb_jkbl_ jh^bl_e_c ijZdlbq_kdh_ ihkh[b_	NhjfZ. 1 Bgnhjf Zpby ^ey jh^bl_e_c gZ kZcl_ F:>HM NhjfZ. 1 FZl_jbZeu aZk_ nhlhhlq_l ijhlhdh l ^
:gZeblb kdZy ^_yl_ev lv	H[jZ[hldZ ZgZeba b h ihemq_gguo j_amevlZlh\ ^bZ]ghklbq_kdbo bkke_^h\Zgbc	ih f_j_ ihklmi gby	H[jZ[hldZ j_amevlZlh\ dhfie_dkghc ^bZ]ghklbdb ^hrdhevgbdh	NhjfZ. 1 AZiheg_gb_ k f_^bpbgkdhc dZjlu NhjfZ 1Rm
HkgZs_ i_^Z]h] kdh]h ijhp_kh	Ba]hlh\e_gb_ ijZdlbq_kd ihkh[b©Mqbfky eh]bq_kdb ^ey^hrdhevgb-dhe_l H<Aª	g_^_ f_kypZ	Ba]hlh\e_g h[mqZxs_]h ©Mqbfky eh]bq_kdb fukeblvª d ijZdlbq_kdhf ihkh[bx	IjZdlbq_kdh_ ih ©Mqbfky eh]bq_kd fukeblv ^ey ^hrdhevgb-dhe_l H<Aª
KZfhh[j h\Zgb_	Bamq_gb_ fh^mevgh]h ©GZ\uidhn_kkbhgZevghc wnn_dlb\ghklbª Z\lhj K l_ljmobgZ = : KlxobgZ	1-4 g_^_e f_kypZ	Bamq_gb_ ikbohe-h]h i_^Z]h]bq_kd ebl_jZlmju ihgZijZ\e_gb ©<ajhkeu_ b ^_lb beb ij_h^he_lv ljm^ghklb \ h[s_gbbª	JZajZ[hldZ kp_g ikbohe h]bq_kdh]h lj_gbg]Z ©>hrdhev kihkh[u ij_h^he_gk ijh[e_f \aZbfh^_ck

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<b^ jZ[hlu	Kh^_j`Zgb_	Kjhd bkihe gby	Mkeh\by ijh_^_gb	Ij_^eZ]Z_fuc j_amevlZl
Ikbohe q_kdZ ^bZ]gh dZ ^hrdhev dh\	Blh\Zhy ^bZ]ghklbdZ mj jZa\blby^hrdhevgbdh\ khkl mq_l_D\>G b Al]jmiiu D ^hrdhevgbdh\ k H<A ih lFld	2-3 g_^_e f_kypZ	Dhfie_dkg ^bZ]ghklbdZ bg^b\b^mZev	NhjfZ. 1 Hlq_l h jZ[hl_ k ^hrdhevgbdZfb aZ mq_[guc]h^
Dhjj_dp gg-h jZa\b\Z Zy ijhnbeZ bq_kdZ jZ[hlZ k	Ijh]jZffZ h[jZah\Zl_ev ^_yl_evgh\kjhmiiZo h[s_jZa\b\Zxs_c gZijZ\eg_hklb ^ey ^hrdhev ^h e_l k H<A ih aZd lFld ©Q_j_a b]jm d ihag >hihegbl_evgZy h[s_h[jZah\Zl_evgZy	1-4 g_^_e f_kypZ 1-4 g_^_e f_kypZ	=jmiih\Zy jZ[hlZ k ^hrdhevgbdZ ^he_l =jmiih\Zy jZ[hlZ k ^hrdhevgbdZ ^he_l	NhjfZ. 1 NhjfZ. 1 NhjfZ. 1

^hrdhev - dZfb	ijh]jZffZ khpbZevgdmghklgh gZijZ\e_gghklb ©;_ahiZk khpbZevgdmª >hihegbl_evgZy h[s_h[jZah\Zl_evgZy ijh]jZffZ khpbZevgdmghklgh gZijZ\e_gghklb aZgylbc dhfgZl_ dZ[bg_l ikbohe jZa]jmadb ©JZ^m`gh_ h	1-4 g_^_e f_kypZ	khklhysbo gZ mq_\l_LD>G b Al K_ldZ aZg ^hrdhevgbdZ	
JZ[hlZ i_^Z]hl Z^fbgbk Zpb_c	JZ[hlZ \ l\hjq_kdhc]jh ZII_klZpb_^Z]h]h\ Bgnhjf^b^mZevgh_ dhgkme ih\hijhkZ\Za\blby h[mq_g \hkiblZgbhydhevgbdh\ Dhfie_dkgZy ^bZ]ghkl i_^Z]h]h\ ©Dmevlmj Z h[jZah\Zl_ev mqj_`^_gby ikbohe]ehq_kdbc debfZlª i_^Z]h]bq_kdbc kh_l L_ ^_yl_evghklb -ii_k^bZ]hqZ]Z 2022- mq_[guc]hª	1-4 g_^_e f_kypZ 1-4 g_^_e f_kypZ g_^_ f_kypZ	Ih^]hlh\dZ iZd_^Zdmf_g ^eyZII_klZpbb i_^Z]h]Z 2. Bg^b\b^mZ Bg^b\b^m ihaZijhkm Z^fbgbkljZpb F:>HM Ih^]hlh\dZ ij_a_glZpbb ZgZeblbq_kd hlq_lm	Hlq_l l\hjq_kdhc NhjfZ 1 J_amevlZlu h[ke ih l_klZf ©Hp_gdZ ikboheh]bq_kdh]h \ i_^Z]h]bq_kdhf d e_dlb\h iiheyjguf ijhnbeyfª Z\lhj ? Jh]h\ : N Nb^i_j ©>bZ]ghklbdZ klbe \aZbfh^_ckl\by km h[jZah\Zl_evgh]h i Z\lhj < E Kbfhgh fh^bnbpbjh\Zg J J DZebgbghc f_lh^b bkke_^h\Zgby wfhpbhgZevgh]h \u]hjZgby Z\lhj < ;hcdh 4. :gZeblbq_kdbc h jZ[hl_ Nhjf Z 1 ij_a_glZpby
JZ[hlZ jh^bl_e b	L_fZ ©G_ihk-evmhZgb_ kdjuluc aZbijh_keZgb_ [ulv ihgyluf ª	g_^_ f_kypZ	Dhgkmevl ^eyjh^bl_e_c]jmii h[s_jZa\b\Zx gZijZ\e_gghk ^_l_c h^lh e	1. NhjfZ 3.1 BgnhjfZpby ^ey jh^bl_e_c gZ kZcl_ F:>HM
:gZeblb kdZy ^_yl_ev lv	H[jZ[hldZ ZgZeba b h ihemq_gguo j_amevlZlh\ ^bZ]ghklbq_kdbo bkke_^h\Zgbc	Ih f_j_ ihklmi gby	H[jZ[hldZ j_amevlZlh\ dhfie_dkghc ^bZ]ghklbdb ^hrdhevgbdh	1. NhjfZ 2.1 AZiheg_gb_ k f_^bpbgkdhc dZjlu NhjfZ 1Rm
HkgZs_ i_^Z]h] kdh]h ijhp_kl	Fh^bnbdZpby aZ^Zgbc ihagZ\Zl_evghfm jZa\blb aZgyl\bcjmii_ DG ^ey ^hrdhevgbdh\ k H<A \ jZfdZjZ[hq_c ijh]jZffu ©Q b]jmihagZgbxª	3-4 g_^_e f_kypZ	Hl[hj]jZnbq_kdbo fZl_jbZeh\ ^ aZ^Zgbc \ l_ljZ^b	L_ljZ^v ikboheh aZgylbc ©Q_j_a b ihagZgbxª ih ihagZ\Zl_evghfm j ^ey aZgylbc \ ]jmi ^hrdhevgbdh\ k H<
KZfhh[j h\Zgb_	Bamq_gb_ ©ljb_fdhgklj mdlb\gh]h jZaj_r_gby dhgnebdlguo kblmZpbcª Z\lhj = : Kl	1-4 g_^_e f_kypZ	Bamq_gb_ ikbohe-h]h i_^Z]h]bq_kd ebl_jZlmju il gZijZ\e_gbx ©l_^Z]h]bq_ dhgnebdlheh	JZajZ[hldZ kp_g ikboheh]bq_kdh]h lj_gbg]Z ©Dhgneb gZr_c `bagb kihkl j_r_gbyª

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<b^ jZ[hlu	Kh^_j`Zgb_	Kjhd bkihe gby	Mkeh\by ijh_^_gb	Ij_^eZ]Z_fuc j_amevlZl
Ikboheh q_kdZ ^bZ]gh dZ ^hrdhev dh\	1 Dhfie_dkgZy ^bZ]ghkl ^hrdhevgbdh\ \uy\e_gguo h^Zj_gguo ^hrdhevgb-7dh\ e_l	g_^_ f_kyp	Dhfie_dkg ^bZ]ghklbdZ bg^b\b^mZev aZijhkm	NhjfZ. 1
JZ[hlZ i_^Z]h] Z^fbgbl Zpb_c	Bg^b\b^mZevgh_ dhgk i_^Z]h]h\ ih \hijhkZf ijZ ijbf_g_by ikboheh]bb L_ ©I_khqwZy wZpbdehi_^by ihagZ\Zl_evgu_ b]ju ^ey ^_l_cª	1-4 g_^_e f_kyp	bg^b\b^mZe	NhjfZ. 1 IjZdlbq_kdbc fZ ©IhagZ\Zl_evgu_ ^hrdhevgbdh\ \ e_ i_jbh^ª
JZ[hlZ jh^bl_e b	L_fZ ©>he`_g eb j_[_ ^jZlvky"ª L_fZ FZ]bq_kdb_ keh\Z ©g_evayª	1-3 g_^_e f_kyp 2-4 g_^_e f_kyp	Dhgkmevl ^ey ih^bl_e_c]jmii h[s_jZa\b\Zx gZijZ\e_gghk	NhjfZ ‹
:gZeblb kdZy ^_yl_ev lv	H[jZ[hldZ ZgZeba b h ihemq_gguo j_amevlZlh\ ^bZ]ghklbq_kdbo bkke_^h\Zgbc	lh f_j_ ihklmi gby	H[jZ[hldZ j_amevlZlh\ dhfie_dkghc ^bZ]ghklbdb ^hrdhevgbdh	NhjfZ‹
HkgZs_ _ i_^Z]h] kdh]h ijhp_kk	Ba]h_\gb_ jZa\b\Zxsbc ^b^Zdlbq_kdbo bkjbo ayluo ba ijh]jZffu aZgylbc ©JZ^hklv ihagZgbyª Z\l ;Z[dbgZ	3-4 g_^_e f_kyp	Bamq_gb_ f_lh^bq_kdbc j_dhf_g^Zpb ijh]jZff_ aZgylbc ©JZ ihagZgbyª Z\lhj G < ;Z[dbgZ	>b^Zdlbq_kdbc eZ[bjbglu]_hf_ljb fhaZbdZ
KZfhh[j h\Zgb_	Bamq_gb_ fh^mevgh]h beb dZd bkihev ijbdexq_gq_kdb_ b]ju \ j_r_gbb h[jZah\Zl_evgu Z\lhj G < FZdkbfh\Z	1-4 g_^_e f_kyp	Bamq_gb_ ikboheh]h i_^Z]h]bq_kd ebl_jZlmju il gZijZ\e_gbx ©Bggh\Zpbhg l_ogheh]bb \ h[jZah\Zgbbª	JZajZ[hldZ kp-_g d_kbZ ©Zml_r_kl\b_ \ ahhiZjdª

Педагог – психолог _____ /Корепанова О.П./

lj_^ihe Z]Z_fuc j_amevlZl ^_yl_ev-gkhkdhe ih]ZZ]h]Z

l_^Z]-hik boheh] y\ey_lky h^gbf ba dhfihg_glh\ p_ehklghc kl
\hkiblZgby ^hrdhevgh^bZ]-hik boheh] \u^_ey_l]eZ\guf ijbhjbl_ll
^_yl_evghklb ©ikboheh]bq_kdh_ a^hjh\v_ª ^_lhwlhfmdh^eyg_he]vghh
i_^Z]-hikZboheh]Z gZijZ\e_gZ gZ kha^Zgb_ b-ik_h^Ze]x^]_bgb_k dikdomkeeh
h[_ki_qb\Zxsbo iheg kbo_bgh_bq_kdh_ bh_ejZ]ghklbg_ dZ`^h]h j_[_
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Hij_^_e_gu ke_^mxsb_ ijbhjbl_lgu_ Zki_dlu ^_yl_evghklb

1. >hrdhevguc \hajZkl y\ey_lky hij_^_eyxsbf \ nhjfbjh\Zgl ijhp_kkh\ \he_\uokZZhqh_kl\gdb J_[_ghd ^h ihklmie_gby \ rdhe hij_^_e_ggh]h mjh\gy mfkl_ggh]h wfhpbhgZevgh]h b khpbZ ih^]hlh\dZ d-rdZe^Z_qZ dhfie_dkgZy fgh]h]jZ-ikbgZyeh]_^fZ]h]hf^ylk ke_^mxsb_ f_jhijbylby

>bZ]ghklbdZ ihagZ\Zl_evghc eebvgh_kbghgZevghffmgbdZlb\ghc ikboheh]bq_kdhc]hhfmgh_kgbxd\ h[s_h[jZah\Zl_evghc rdhe_

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Bg^b\b^mZevgZy jZ[hlZ k ^_lvfb ^hrdhevgh]h \hajZklZ ih j ieZlghc h[jZah\Zl_evghc\ k_gkhjghc dhfgZl_ dZ[bg_l ikboheh]b ijh]jZff_ ©JZ^m`gh_ª

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Knhjfbjh\Zgghklv ij_^ihkuehd mq_[ghc ^_yl_evgh-klhf_gh_> hjb_glbjh\Zlvky gZijZhke_f\mjZ[hmf_gb_ kemrZlv b \uihegylv b \ajhkeh]h mf_gb_ jZ[hlZlv ih h[jZapm b g_dhlhju_ ^jm]b_

Knhjfbjh\Zgghklv lj_o hkgh\guo dhfihg_glh\ rdhevghc aj_e wfhpbhgZevghc khpbZevghc

ljhnbeZdlbdZ ihke_^mxsbo \hafh\ghu[mqjmgbghkbl_jZa\blbb ^hrd rdhevghc ^_aZ^ZilZpbb

2. Jh^bl_eb y\eyxlky mqZklgbdZfb i_^Z]h]bq_kdhkhoihjhp]hkk ijh\h^ylky ke_^mxsb_bylby

>bZ]ghklbdZ k_fvb b k_f_cgh]h \hkiblZgby ih aZijhkm

Bg^b\b^mZevgh_ b]jmiih\h_ dhgkmevlbjh\Zgb_ ih \hijhkZf \ ijZdlbq_kdh]h ijbfikbohey]bq_kdbo agZgbc h jZa\blbb ijZdlbd_

Jh^bl_evkdh_ kh[jZgb_

lkboheh]bq_kdZy]hklbgZy ^ey jh^bl_eb_c_bgyª^Z]h]h\ ©AZsb

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ljb \uiheg_gbb \ur_ i_j_qbke_gguo f_jhijbylbc m jh^bl_e_c ke_^mxsb_ ihablb\gu_ fhf_glu

lh\ur_gb_ mjh\gy ikboheh]bq_kdhc dhfi_l_glghklb jh^ \hkiblZelv_guo h[mqZxsbo bijh^hkemjh\uo

Nhjfbjh\Zgb_ k_f_cghc b jh^bl_evkdhc dmevlmju ihkj_^k
q_j_a \hajh`^_gb_ g_f_^guo ljZ^bpbc a^hjh\h]h h[jZaZ `bag
l\hjq_kdh]h ihl_gpbZeZ k_fvb
JZa\bkZ kbfhklhyl_evghklb km`^_gbc Zdlb\ghklb aZbgl_j_kl
hldjulbb gh\uo ikboheh]h -i_^Zh]bq_kdbo agZgbc h k_f_cghf \hkiblZ
dhffmgbdZlb\ghc ^_yl_evghklb
I_^Z]h]bq_kdbc dhee_dlb\ y\ey_lky g_hl\tZ_f_e_vgbc qZkkvxf
F;>HM I_^Z]h]bq_kdbc ikboheh]h jhf\h^ylky ke_^mxsb_ f_jhijbylby
>bZ]ghklbdZ i_^Z]h]bq_kdh]h dhee_dlb\Z b hp_gdZ ijhn_
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hilbfbaZpbb ^_yl_evghklb i_^Zeh]bq_kdh]h
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<ujZ[hldZ dhfie_dkZ ihc h[_ki_qb\Zxsbo nhjfbjh\Zgb_
ij_^klZ\e_gby h khklhygjbn_mkb\gyZevghc dhfi_l_glghklb i_^
dhee_dlb\Z gZ hkgh\Zgbb fhgblhjbg]Z dZq_kl\Z h[jZah\Zgby
MqZklb_ \ kha^Zgbb mkeh\bc ^ey wfbyhg_lev ghjhk_sZxh
>HM m]hedb m_]jmiZgby \
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LZdbf hjZ ^_yl_evghkl-ikboheh]Z gZijZ\e_gZbgZijb_jeb_Zgu
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HagZdhfe_g
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