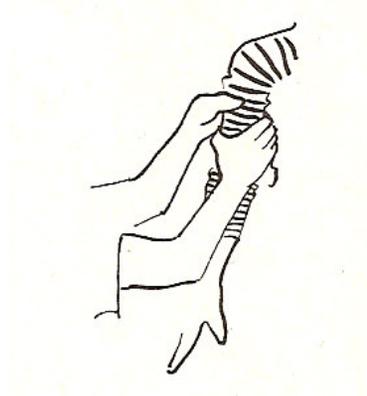


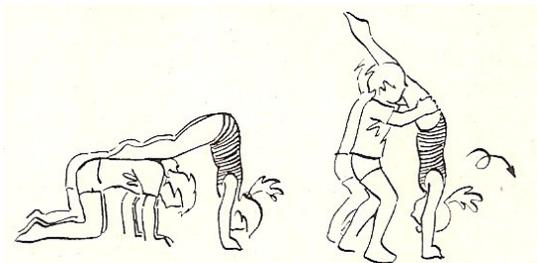
# Anwendung „Helfen und Sichern“



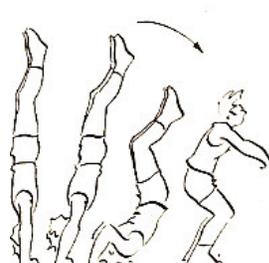
Literatur: Schweizerisches Lehrmittel Sporterziehung Broschüren 3

[www.gymfacts.ch](http://www.gymfacts.ch)

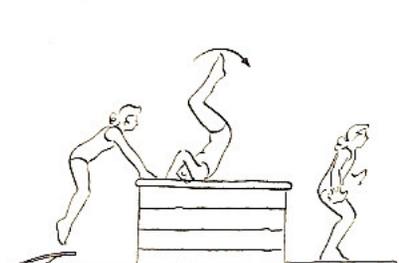
## Gerätebahn 1 (GA 3)



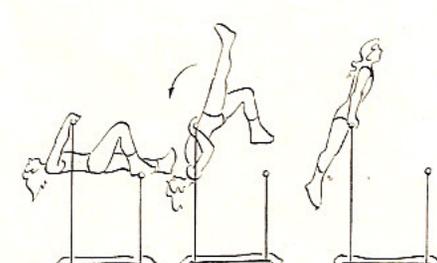
**Handstand**



**Handstand-  
abrollen**



**Abspringen u. Kasten  
überrollen zum Stand**



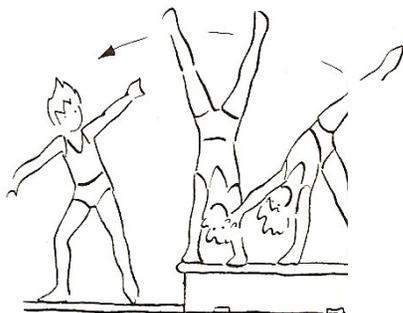
**Hüftaufschwung**

Pers. Notizen:

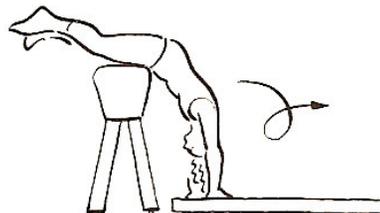
## Gerätebahn 2 (PA)



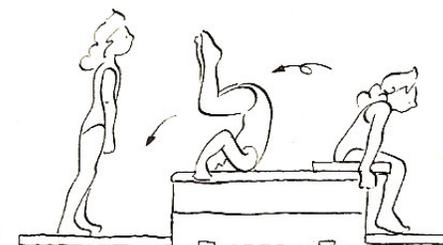
**Bocksprung**  
(Hocke o. Grätsche)



**Radschlagen**  
(auf erhöhter Ebene)



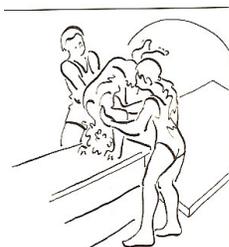
**Handstand-  
abrollen**



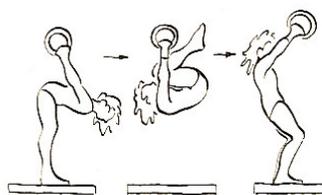
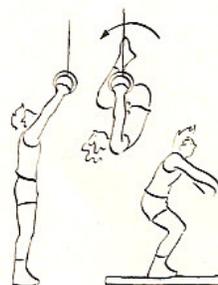
**Rückwärtsrolle**  
(Kastengasse)

Pers. Notizen:

## Gerätebahn 3 (GA 3)



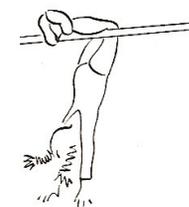
**Rückwärtsrolle** rw u. vw **Rolle** (Salto)  
zum Stand



**Rolle ü. Ball**

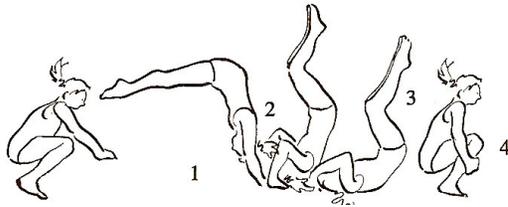


**Hüftaufschwung & Glocken- Absprung**

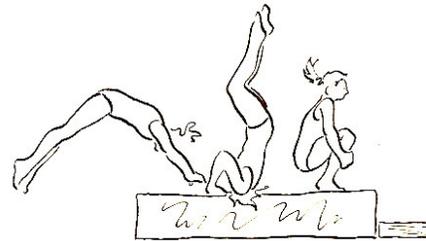


Pers. Notizen:

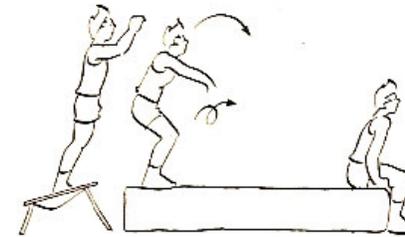
## Gerätebahn 4 (GA 3) „Erwerben Salto“



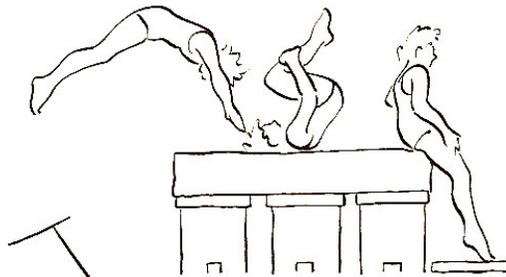
1. Rolle vw



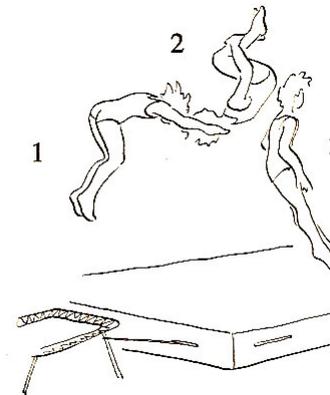
2. Rolle vw mit  
Unterschenkel fassen



3. Strecksprung mit  
Rolle vw



4. Rolle vw auf Mattentisch



5. Salto (auf kleineren Mattentisch)