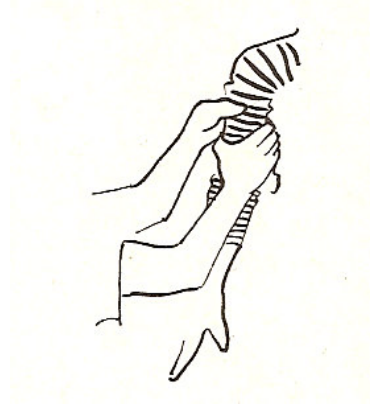


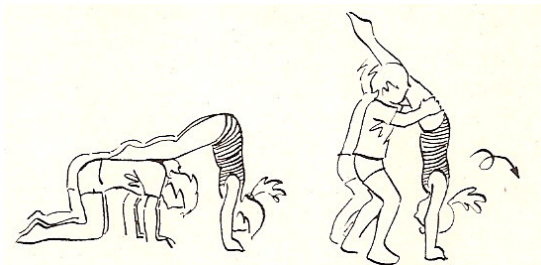
Anwendung „Helfen und Sichern“



Literatur: Schweizerisches Lehrmittel Sporterziehung Broschüren 3

www.gymfacts.ch

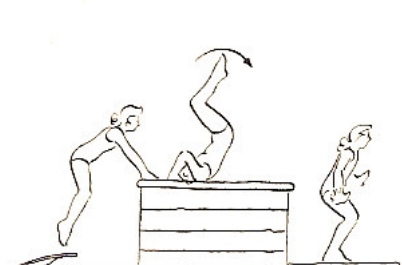
Gerätebahn 1 (GA 3)



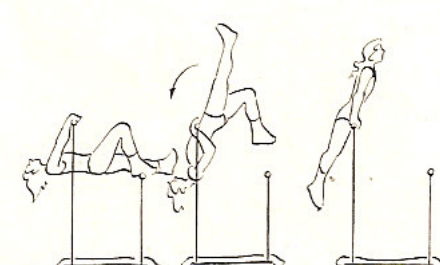
Handstand



**Handstand-
abrollen**



**Abspringen u. Kasten
überrollen zum Stand**



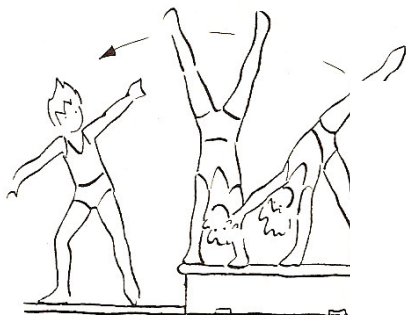
Hüftaufschwung

Pers. Notizen:

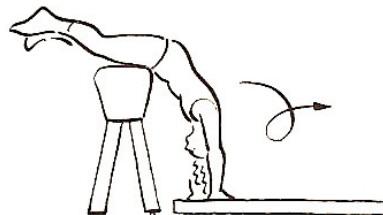
Gerätebahn 2 (PA)



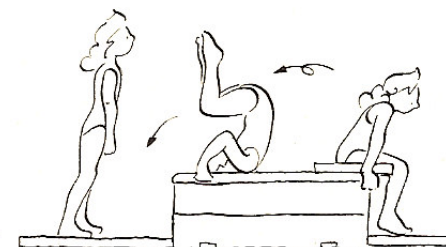
Bocksprung
(Hocke o. Grätsche)



Radschlagen
(auf erhöhter Ebene)



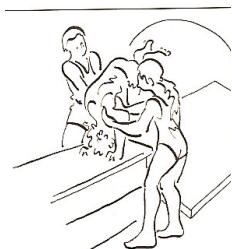
**Handstand-
abrollen**



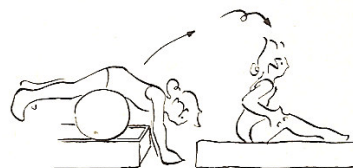
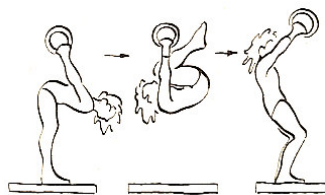
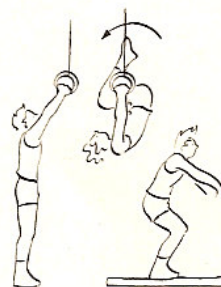
Rückwärtsrolle
(Kastengasse)

Pers. Notizen:

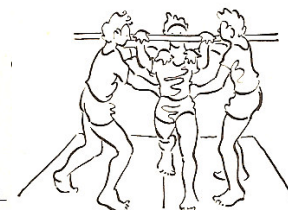
Gerätebahn 3 (GA 3)



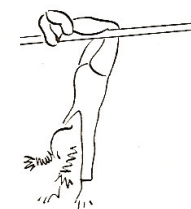
Rückwärtsrolle rw u. vw **Rolle** (Salto)
zum Stand



Rolle ü. Ball

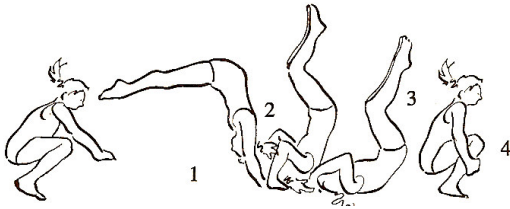


Hüftaufschwung & Glocken- Absprung

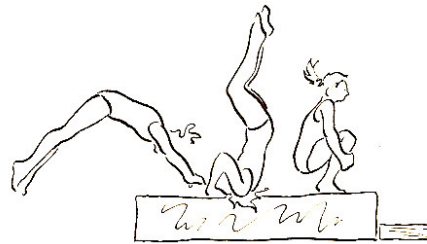


Pers. Notizen:

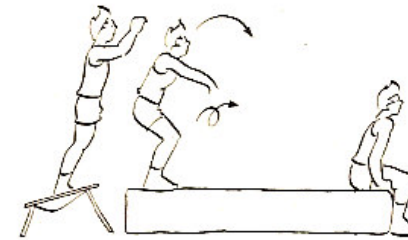
Gerätebahn 4 (GA 3) „Erwerben Salto“



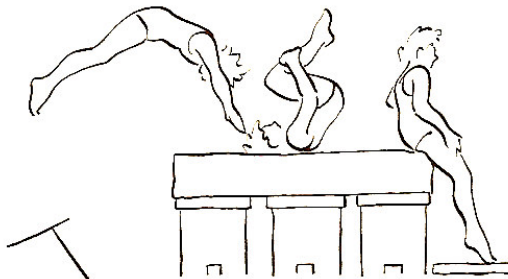
1. Rolle vw



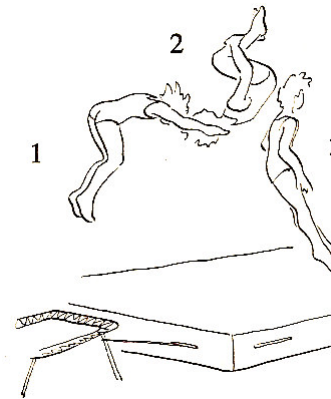
2. Rolle vw mit
Unterschenkel fassen



3. Strecksprung mit
Rolle vw



4. Rolle vw auf Mattentisch



5. Salto (auf kleineren Mattentisch)