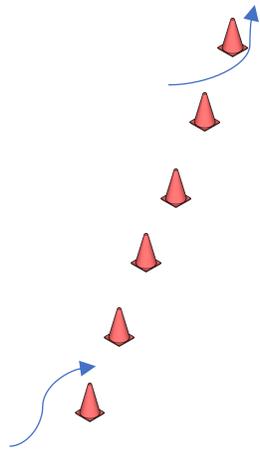


Station 1 : Slalomlauf

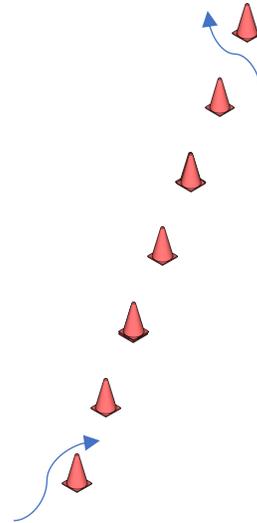


JgSt 1 /2



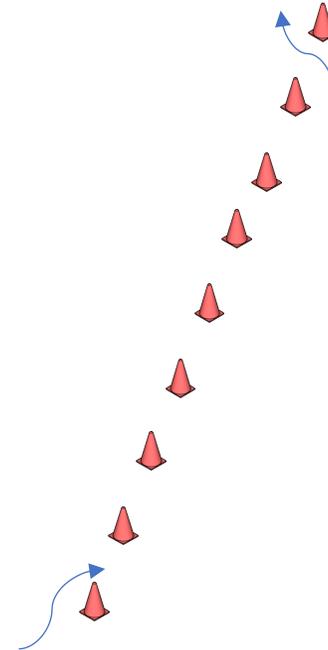
6 Hütchen

JgSt 3 /4



7 Hütchen

JgSt 5 /6



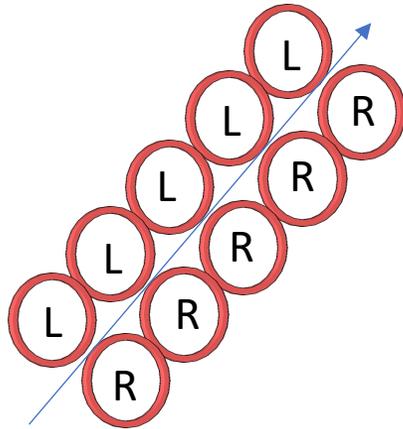
9 Hütchen



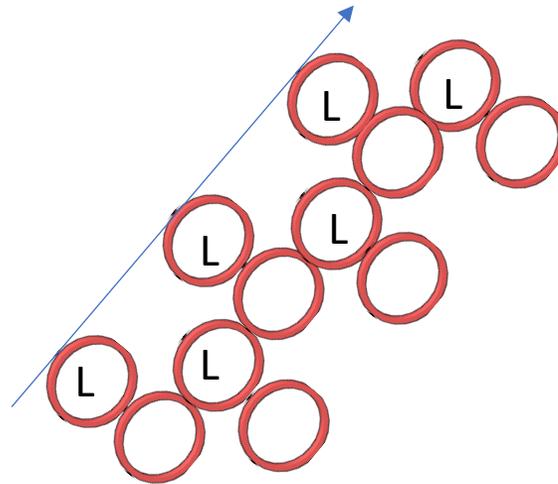
Station 2 : Hüpfen



JgSt 1 /2

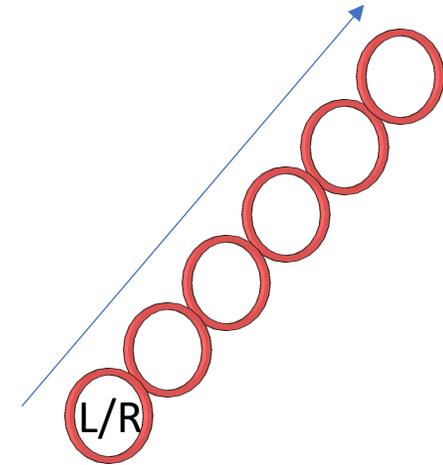


JgSt 3 /4



Beidbeinig in die Ringe hüpfen

JgSt 5 /6

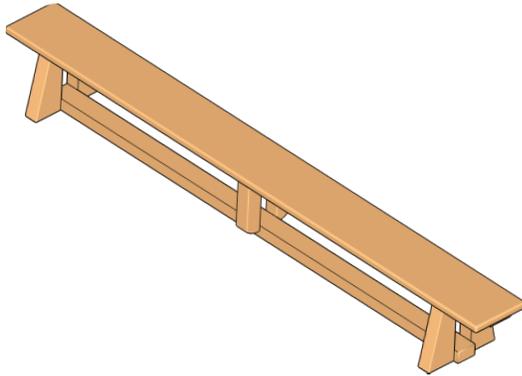


JgSt 5/6 rückwärts

Station 3 : Balancieren

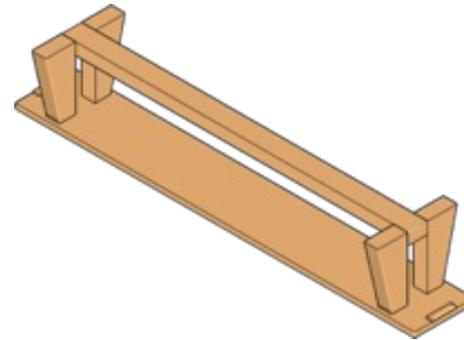


JgSt 1 /2



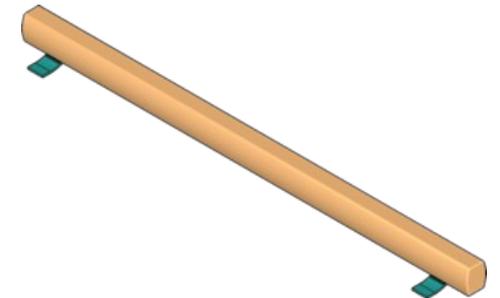
Balancieren über Bank,

JgSt 3 /4



Langbank gedreht,

JgSt 5 /6

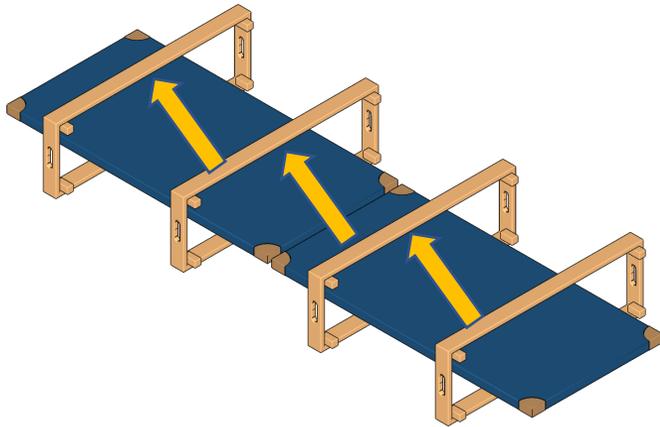


Barren / Schwebebalken (max. 50cm)

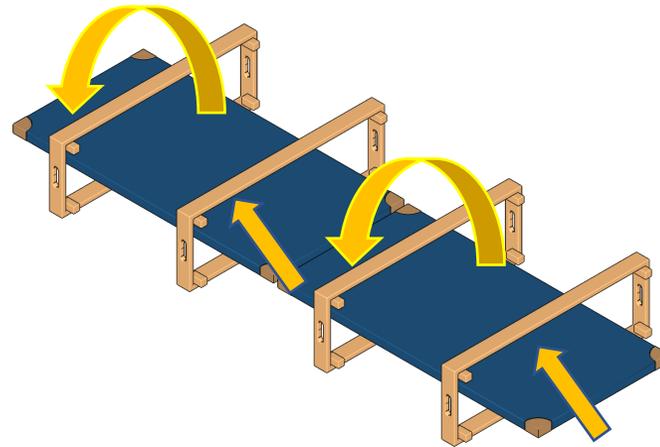
Station 4 : Hoch - Tief



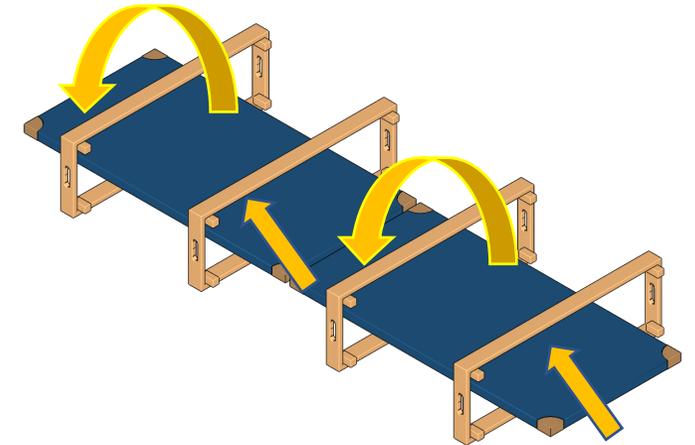
JgSt 1 / 2



JgSt 3 / 4



JgSt 5 / 6



Beschreibung:



unten durch,

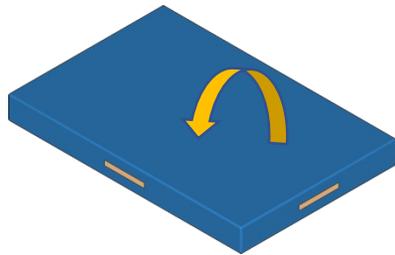


oben drüber

Station 5 : Rolle



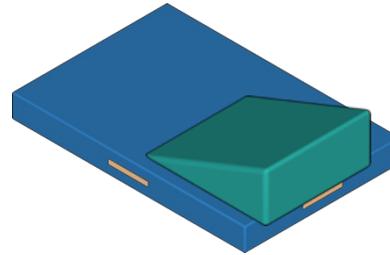
JgSt 1 /2



Abrollen vorwärts

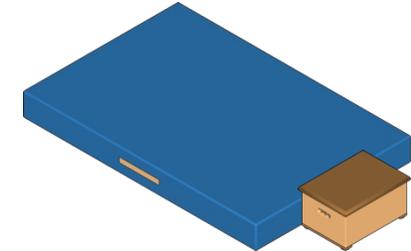


JgSt 3 /4



Abrollen vorwärts über Hindernis

JgSt 5 /6

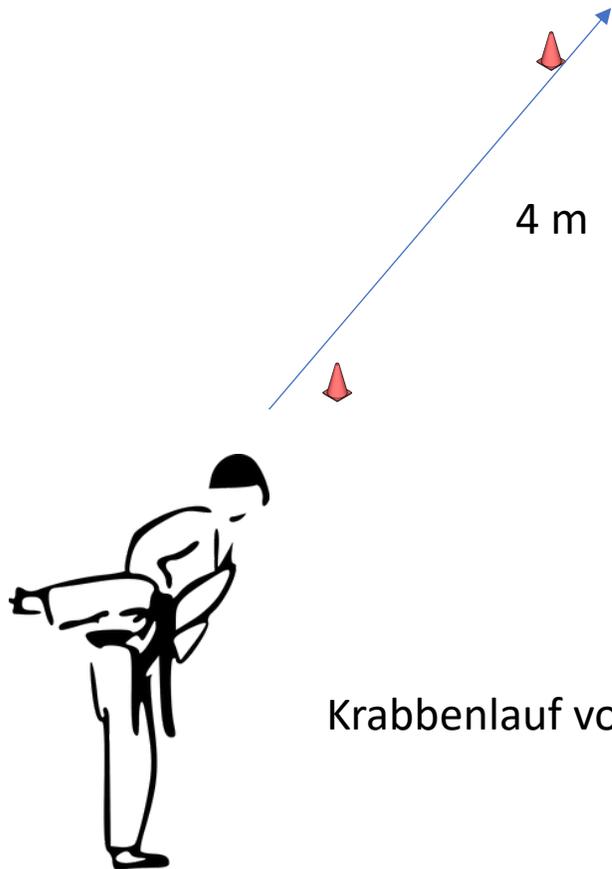


Flugrolle über Hindernis

Station 6 : Krabben- Liegestütz-Lauf

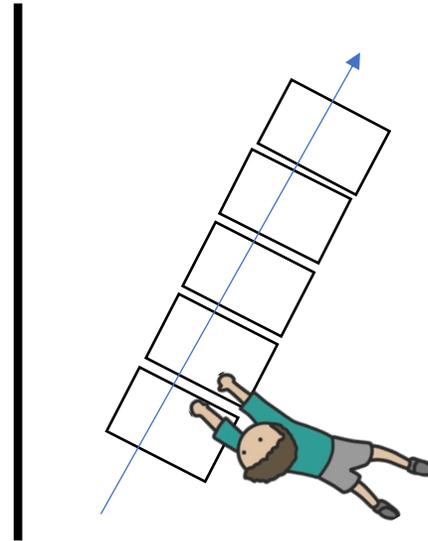


JgSt 1 /2



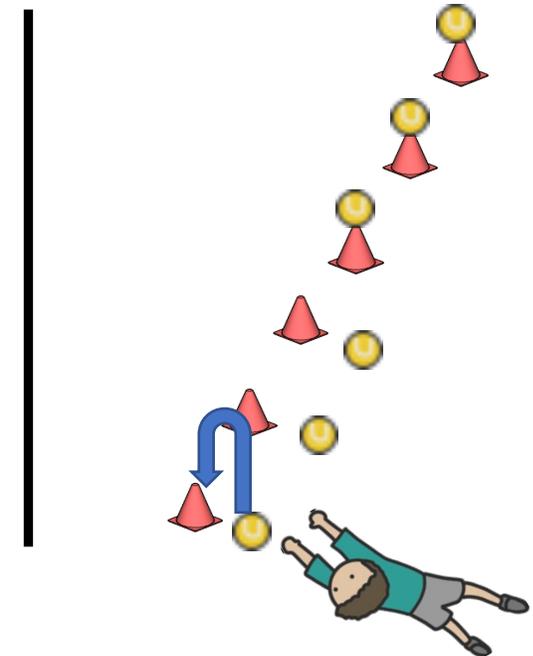
Krabbenlauf vorwärts

JgSt 3 /4



Sprossenleiter nur mit Händen

JgSt 5 /6

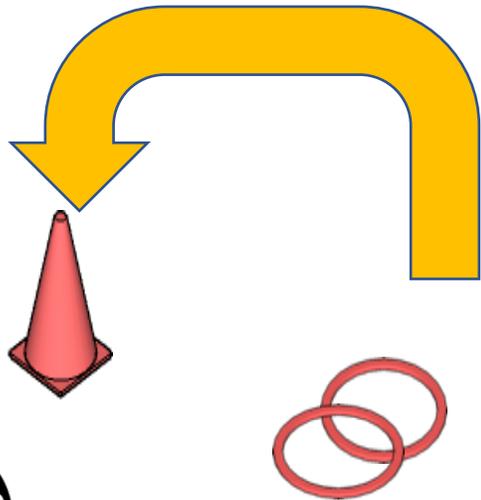


Ball auf Hütchen im Liegestütz

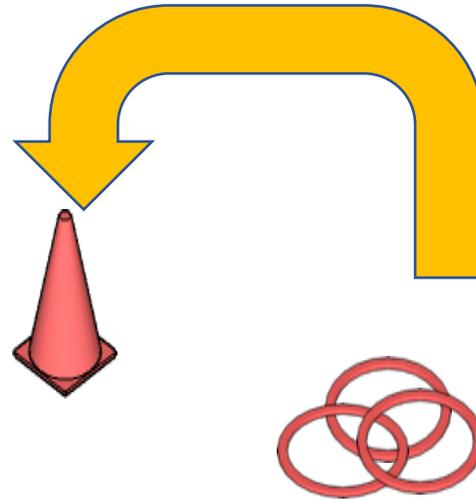
Station 7 : Ringlift



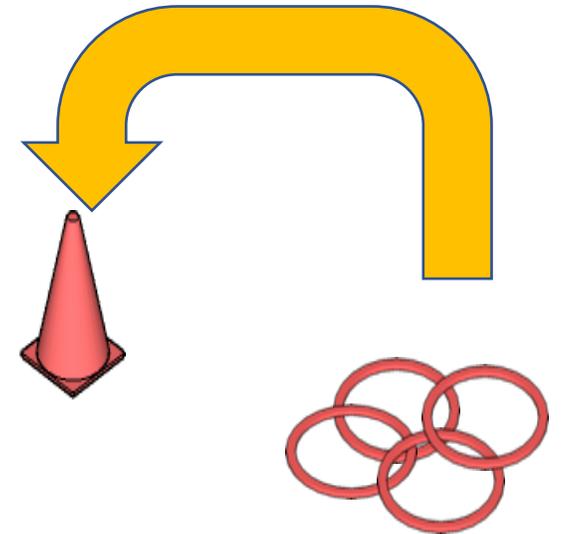
JgSt 1 / 2



JgSt 3 / 4



JgSt 5 / 6



Aus Rückenlage, Beine zum Hütchen, Ring von Kopf über den Körper übers Hütchen ablegen

Station 8 : Klettern

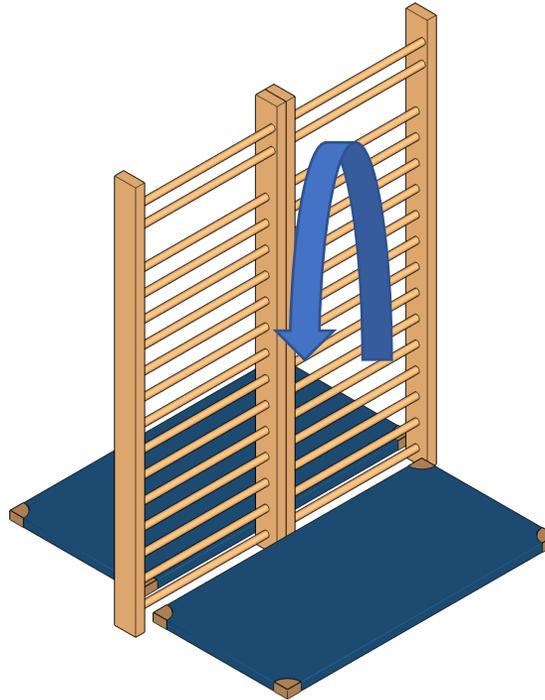


JgSt 1 / 2

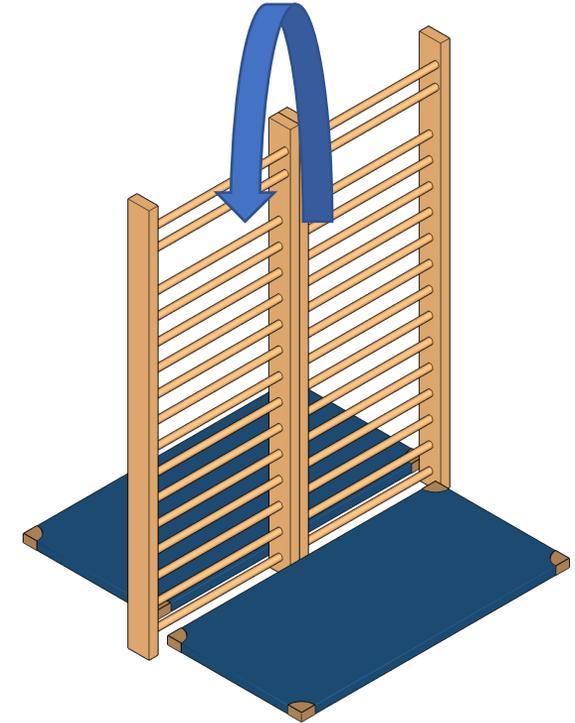
fertig



JgSt 3 / 4



JgSt 5 / 6



Durch die Sprossenwand und runter klettern Über die Sprossenwand und runter springen

Bewertung Parcours

Schulsportwettbewerb Karate

- Durchlauf nach Zeit
- Umgehen/ Nichtabsolvieren eines Hindernisses
 - ✓ Jgst. 1/2: 1. Mal frei; beim 2. und 3. Mal je 5 Strafsekunden; ab 4. Mal Disqualifikation
 - ✓ Ab Jgst. 3/4: beim 1. und 2. Mal je 5 Strafsekunden; ab 3. Mal Disqualifikation
 - ✓ Ab Jgst. 5/6: beim 1. Mal 5 Strafsekunden; ab 2. Mal Disqualifikation
- Kampfrichter: nach Absprache

