



Raumanalyse eines pädagogischen Raums: Trimm-Dich-Pfad (German Edition)

Silja Becker

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Studienarbeit aus dem Jahr 2006 im Fachbereich Pädagogik - Erwachsenenbildung, Note: 1-, Philipps-Universität Marburg (Erziehungswissenschaft), Veranstaltung: Erwachsenenbildung und Raum, 0 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: Aufbau der Stationen 1-19

1. Rumpf drehen und beugen
2. Knie durchdrücken, links und rechts
3. Arme beugen und strecken
4. Beine anheben
5. Beugen und Senken
6. Balancieren
7. Laufen, Hüpfen, Gehen
8. Beine heben und senken
9. Armstütz hangeln
10. Hüpfen, Springen
11. fehlt
12. fehlt
13. Hochgehen und Abspringen
14. Bockspringen
15. Klimmzüge
16. Slalomlaufen
17. Flanken und Durchkriechen
18. Hangeln und Schwingen
19. Springen aus dem Stand

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