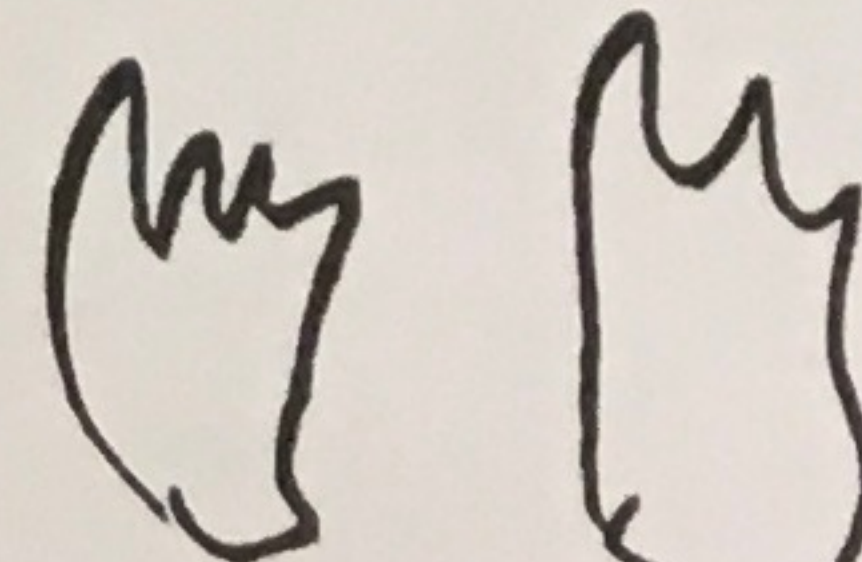
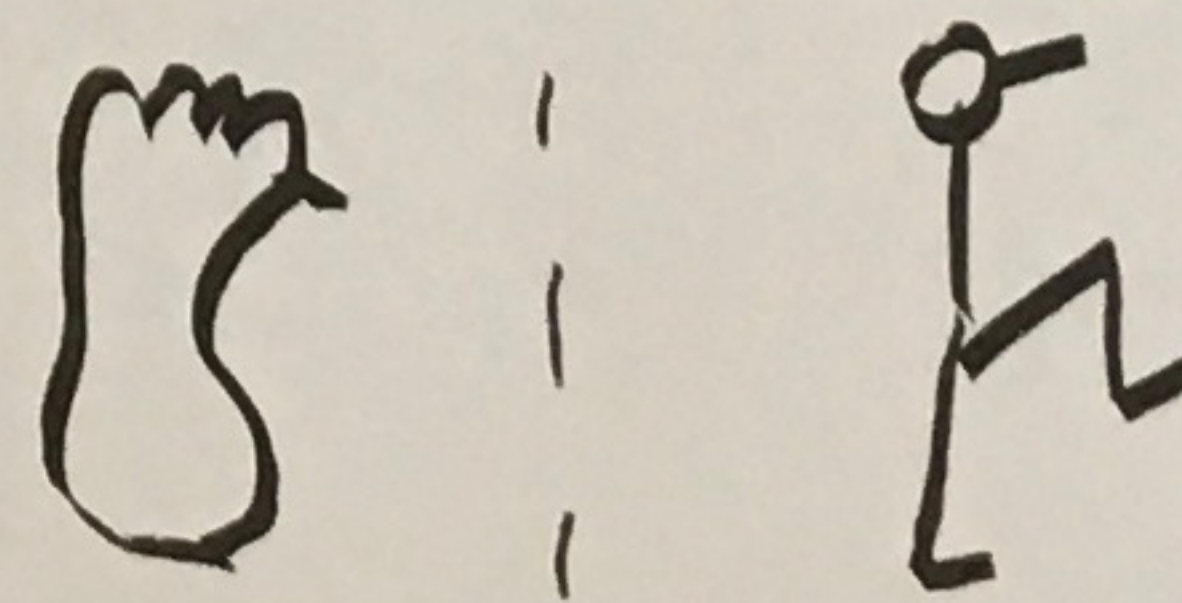
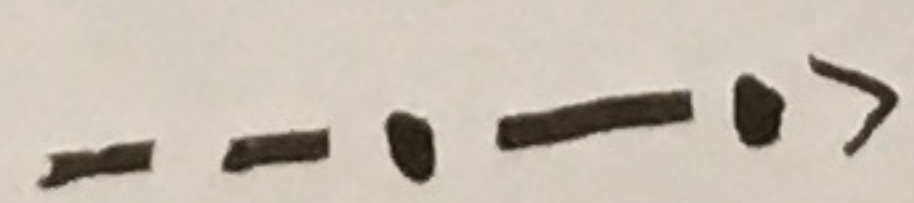
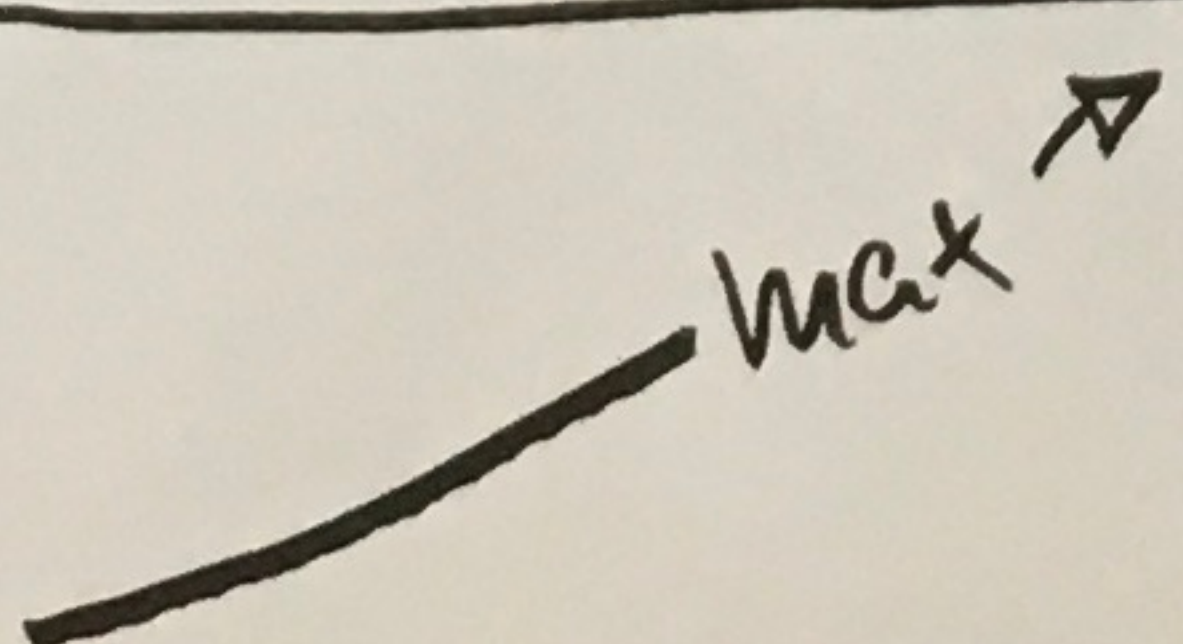
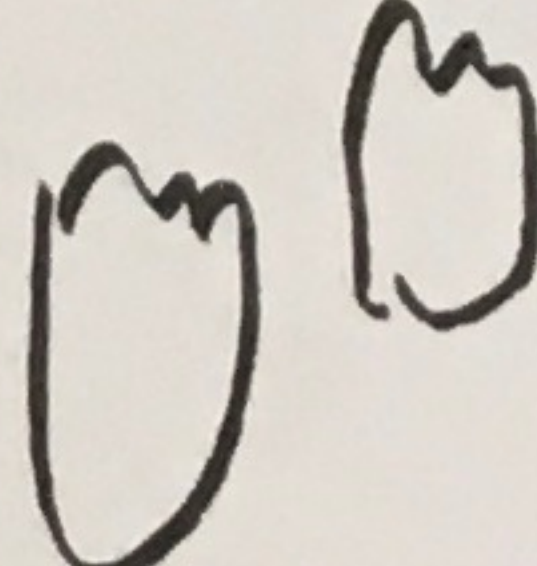
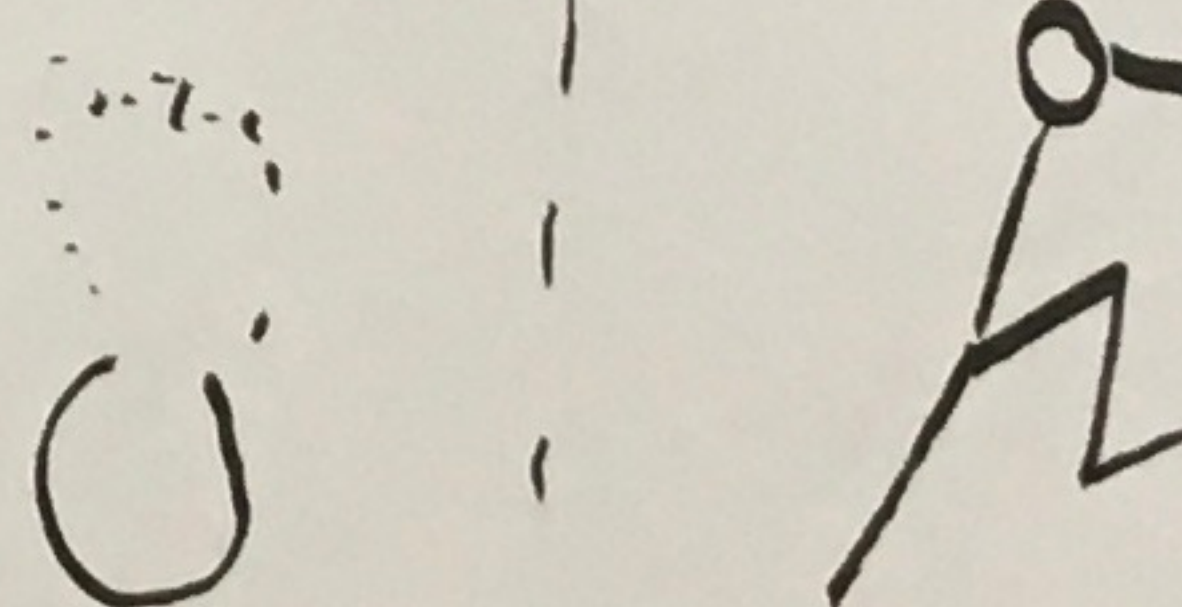
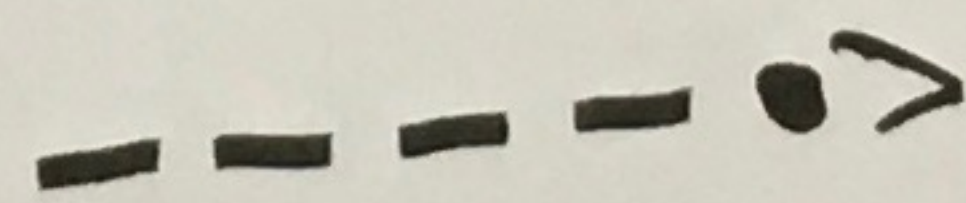
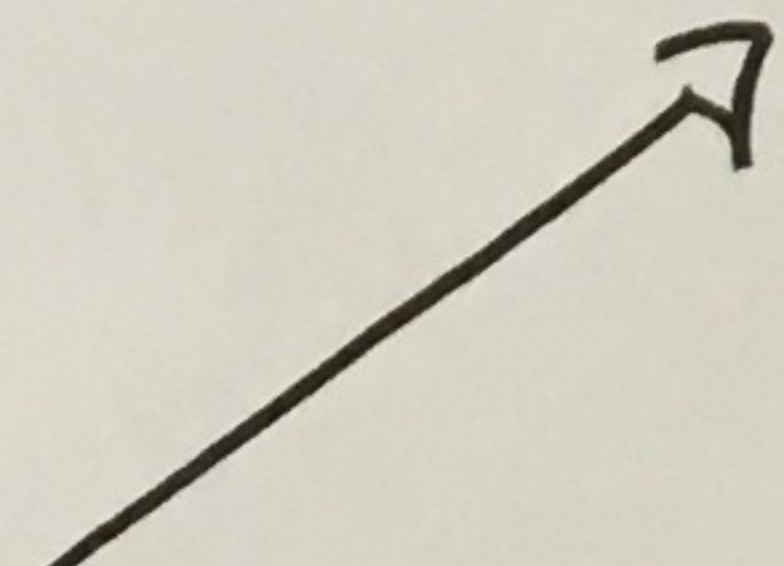
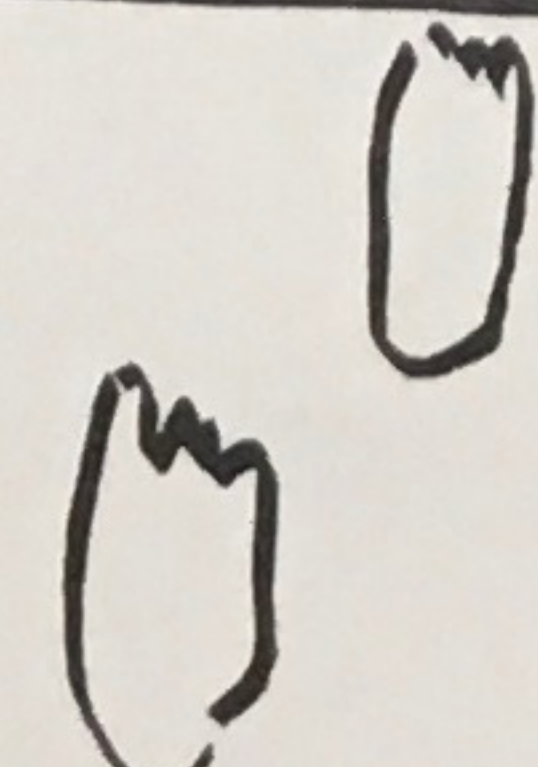
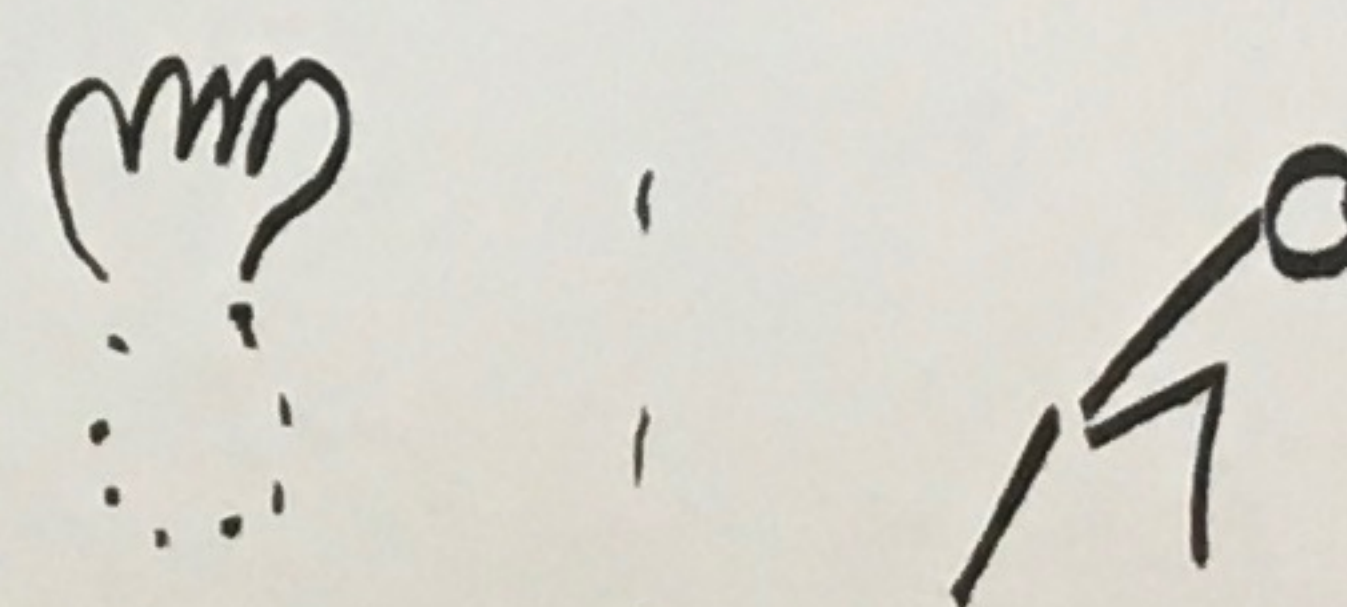
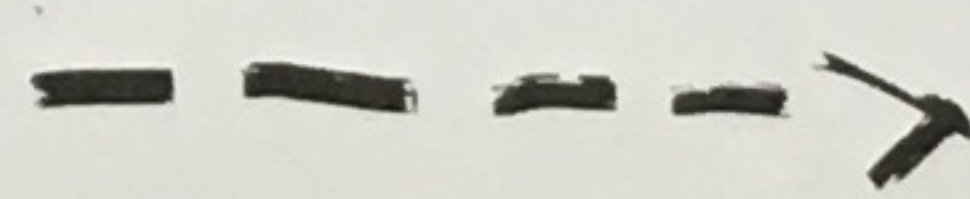
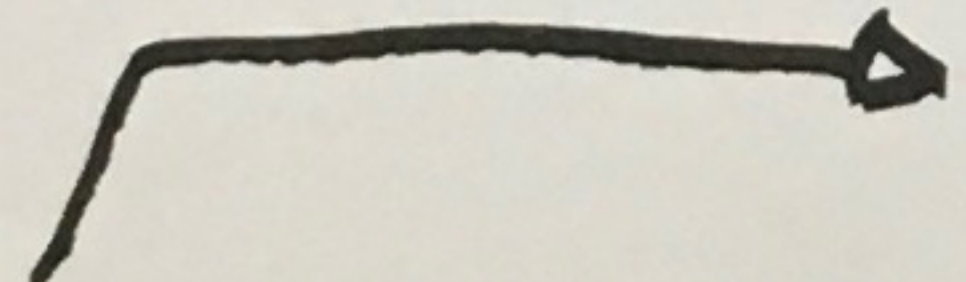
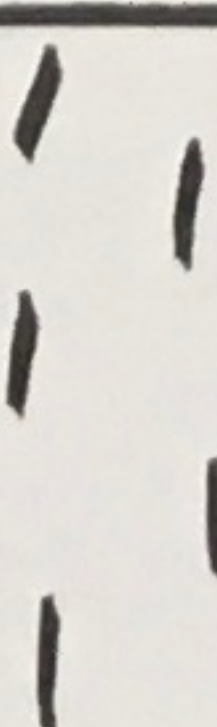
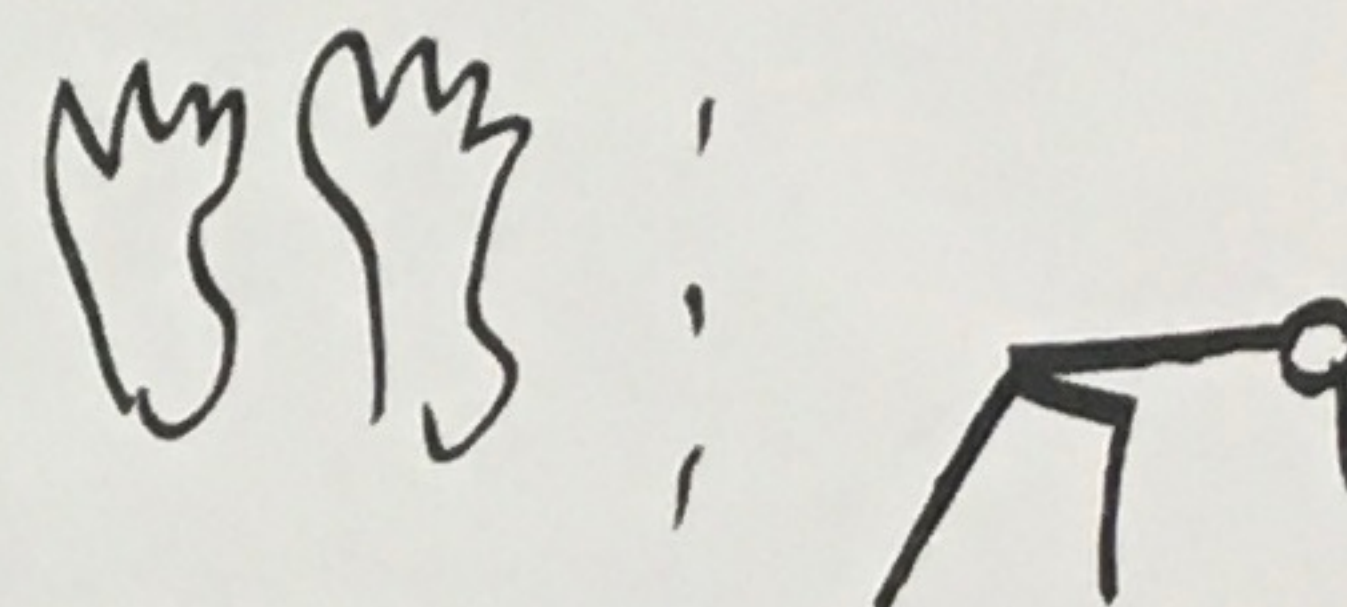
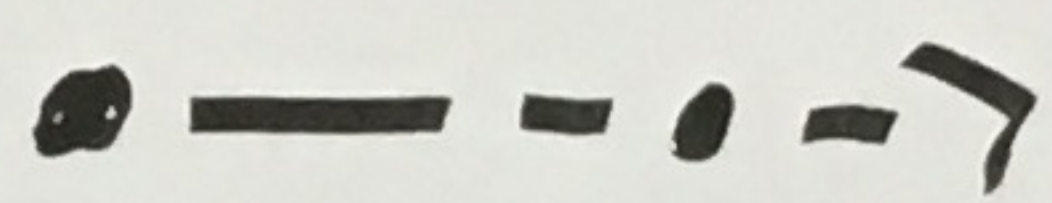


Anlauf

Absprung-
vorbereitung

Absprung

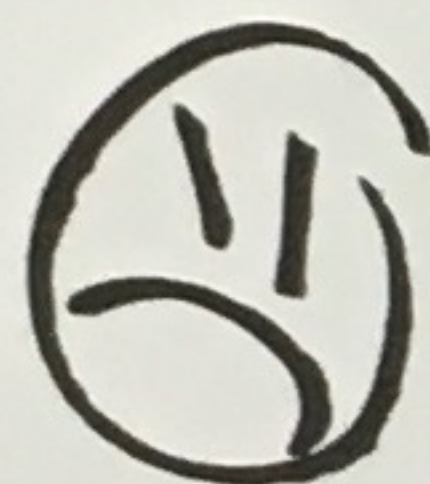
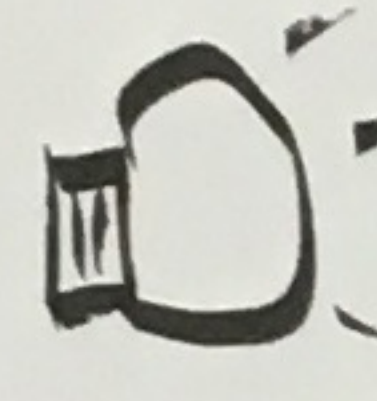
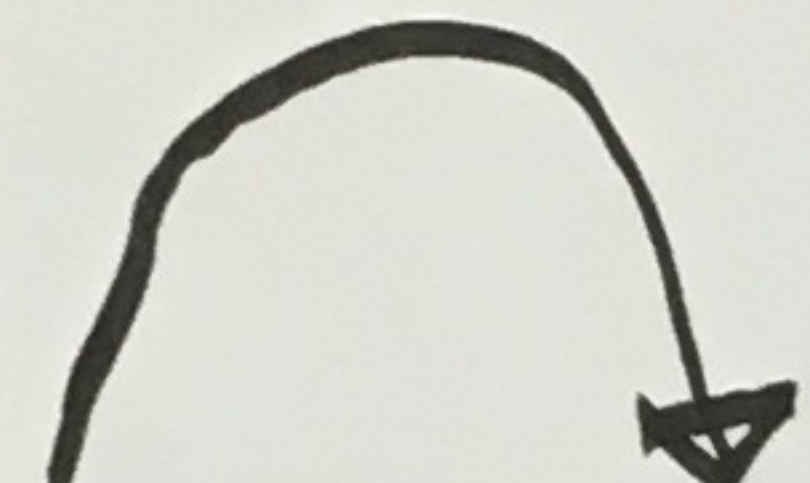
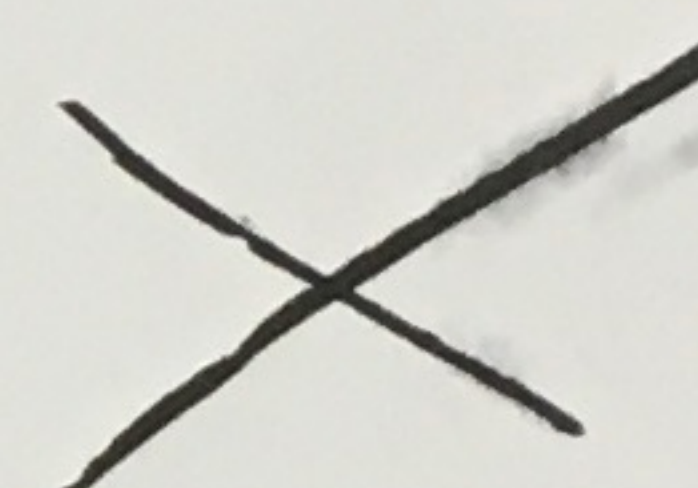
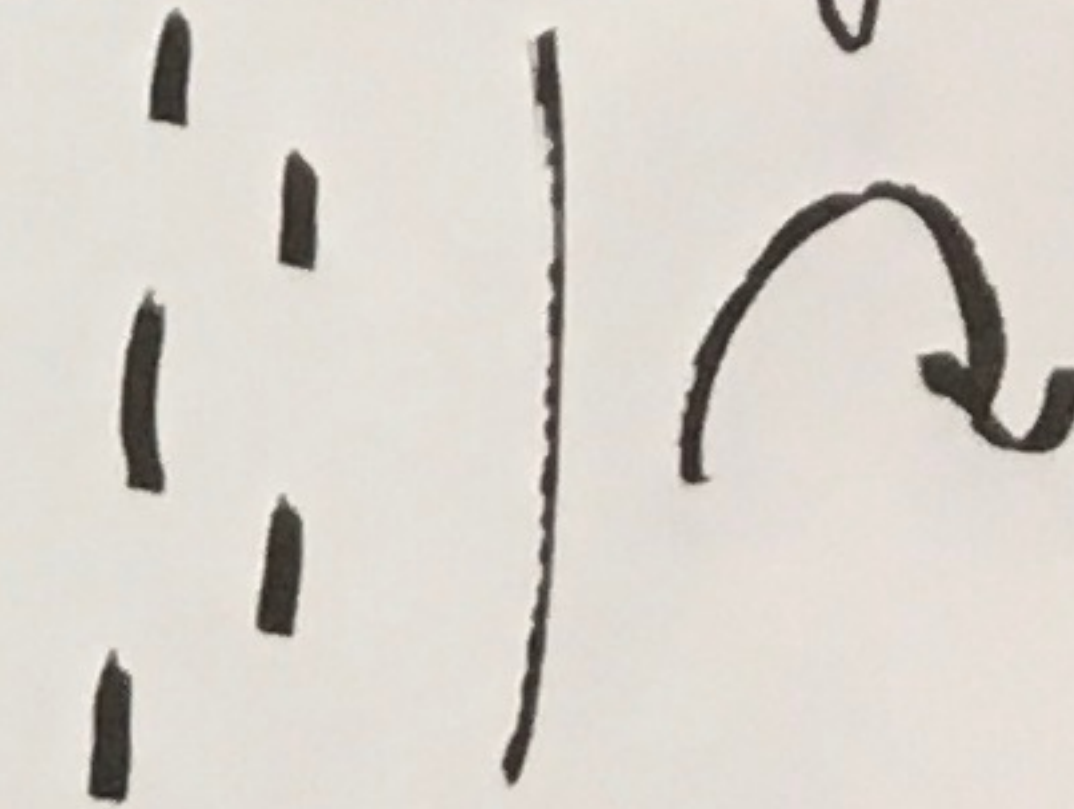
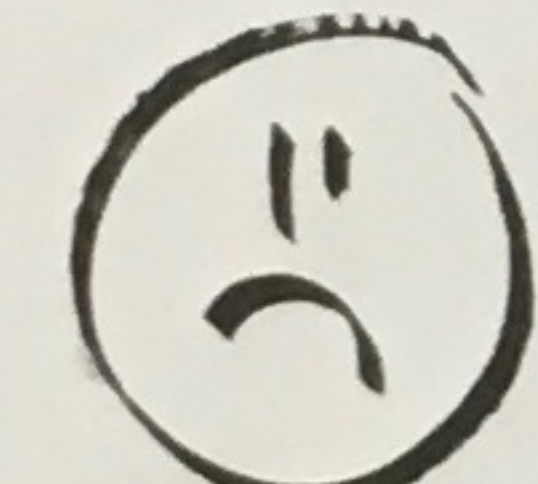
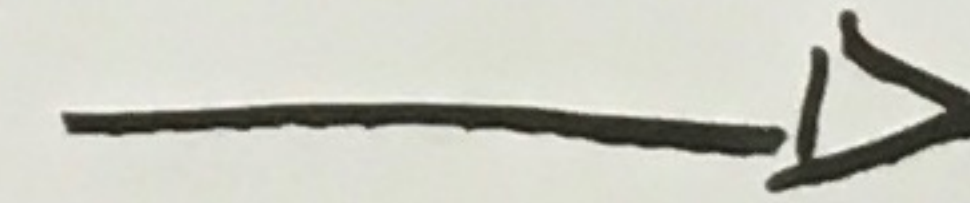
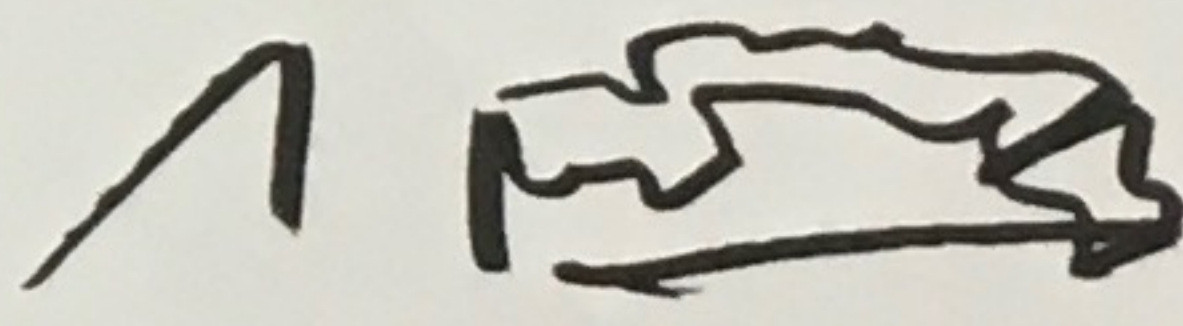
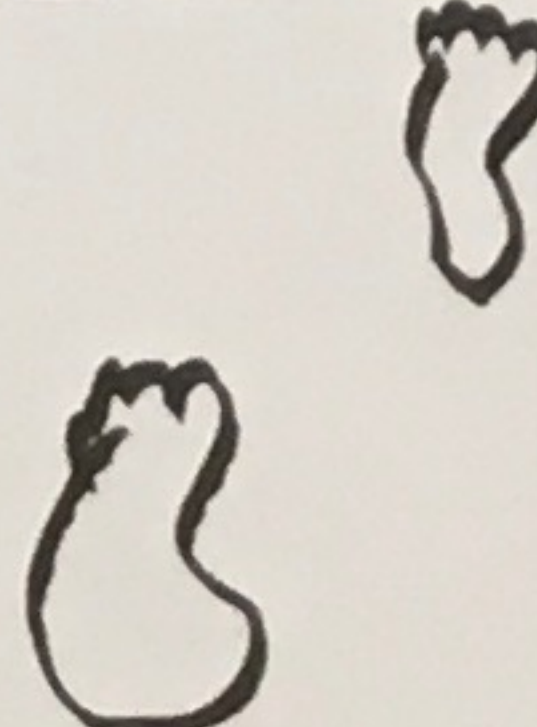
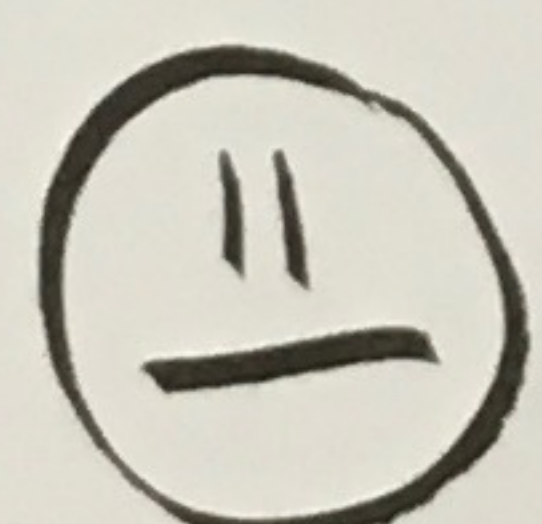
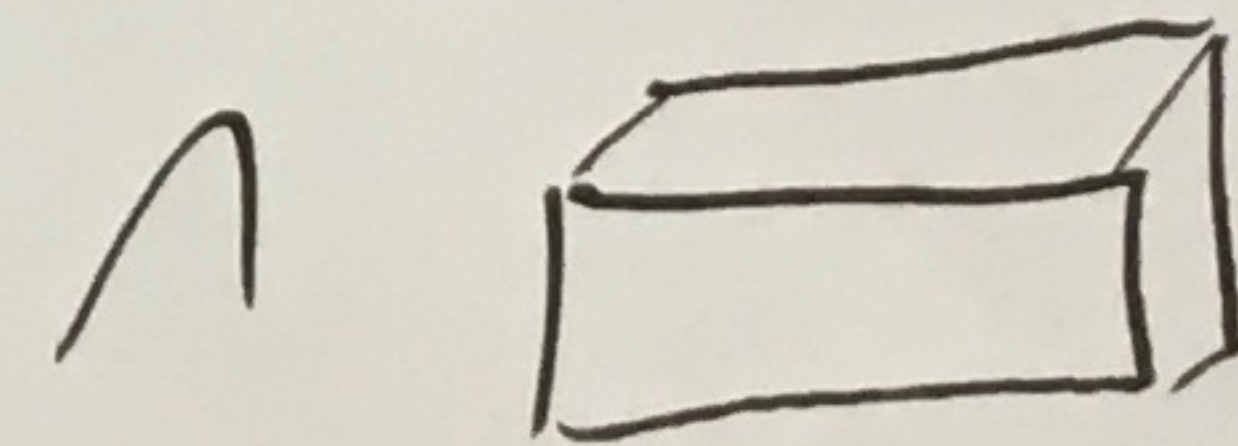
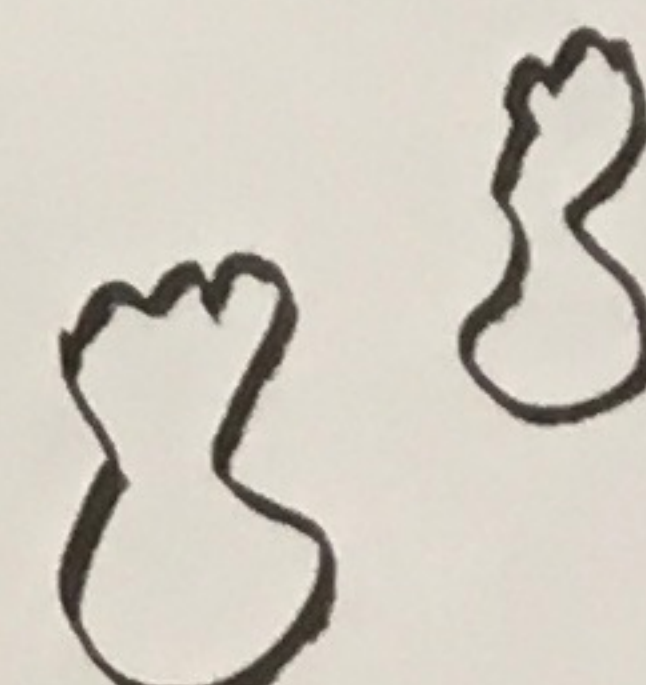
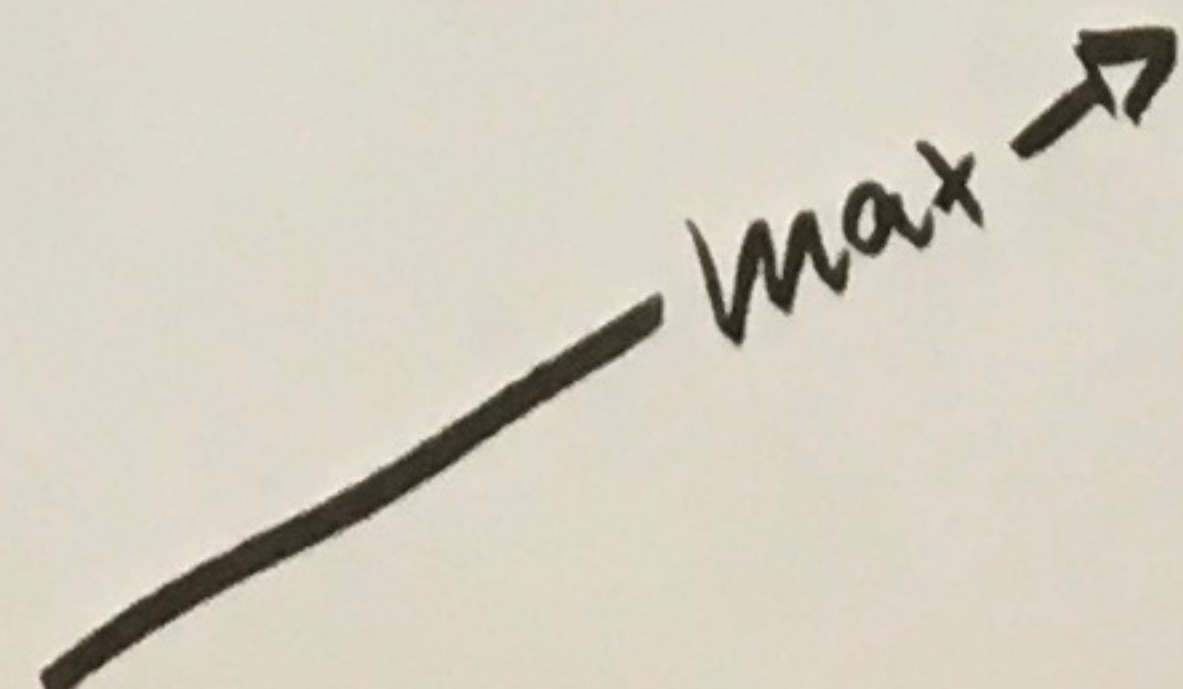
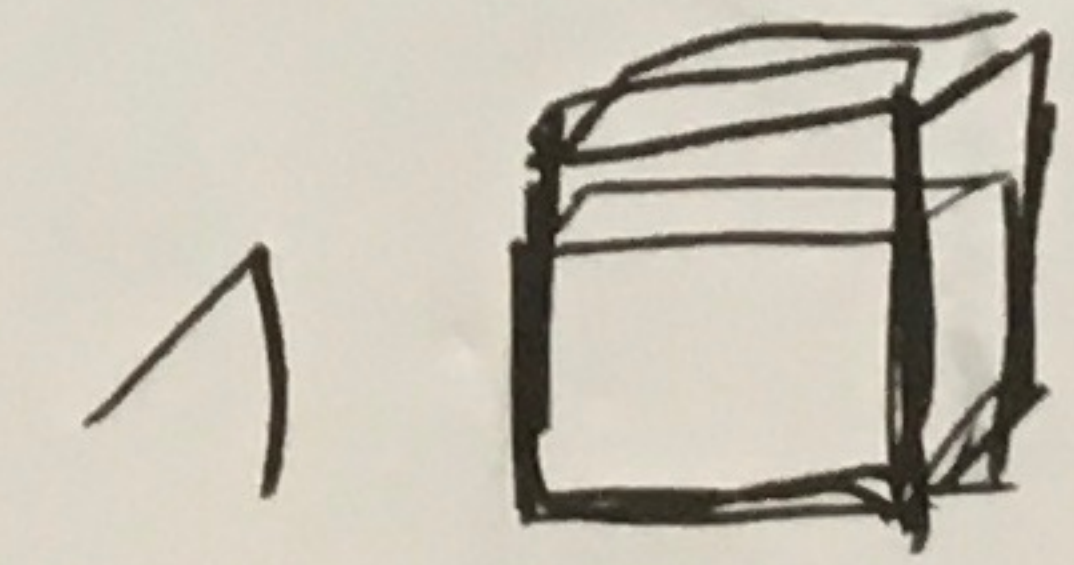
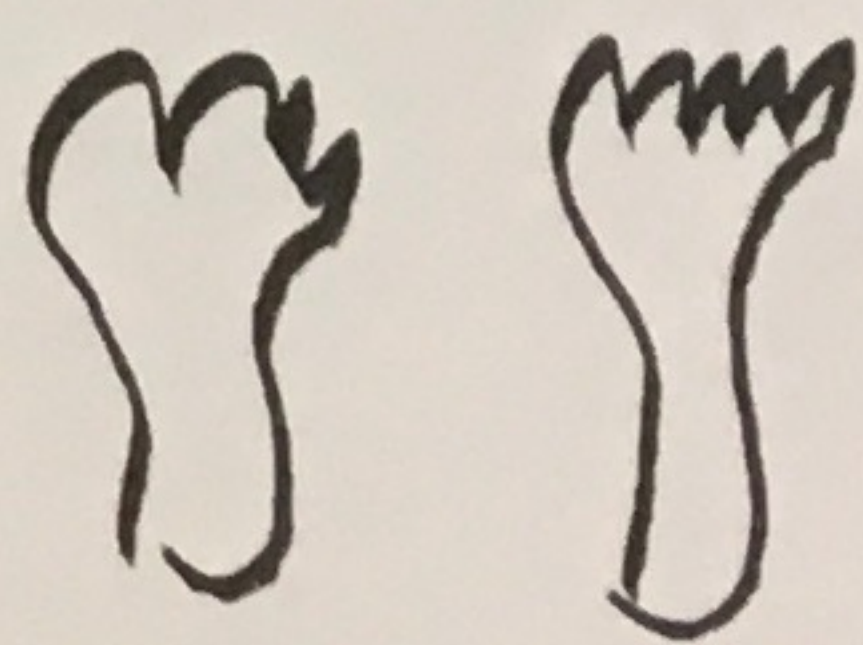
Landung



1 Beckmann H. (2011) Weitspringen
erfahren & verstehen, Lehrhilfen
für den Sportunterricht, 3/2011

2 DLV (2013) Wettkampfsystem
Kindersportathletik

weit springen - Versuch eines Kompetenzrasters

Motivation	Geschwindigkeit	Sprunghöhe	Landing
 			
			
			
			

- 1 Beckmann H. (2011) Weit springen erfahren & verstehen, Lehrhilfen für den Sportunterricht, 3/2011
- 2 DLV (2013) Wettkampfsystem kinderteil atletik