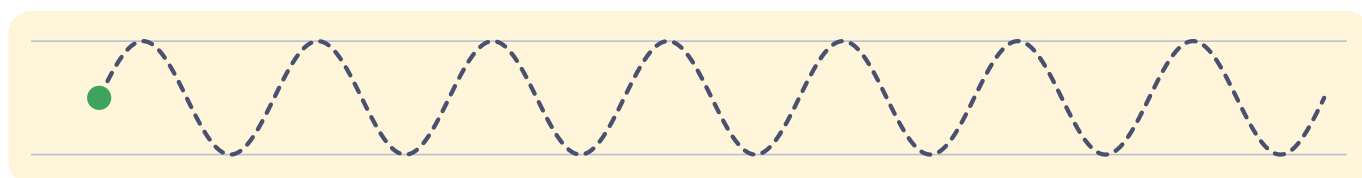
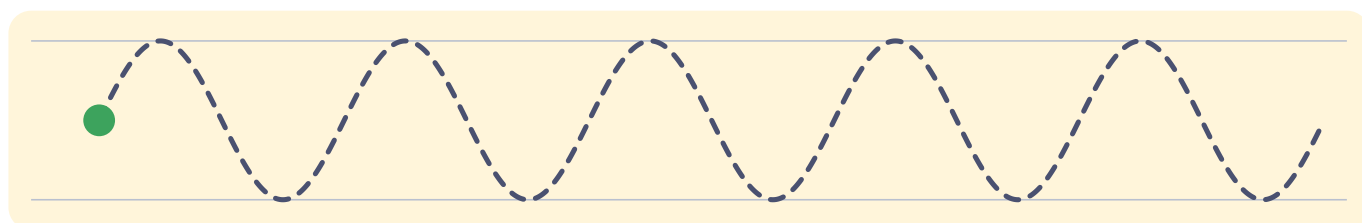
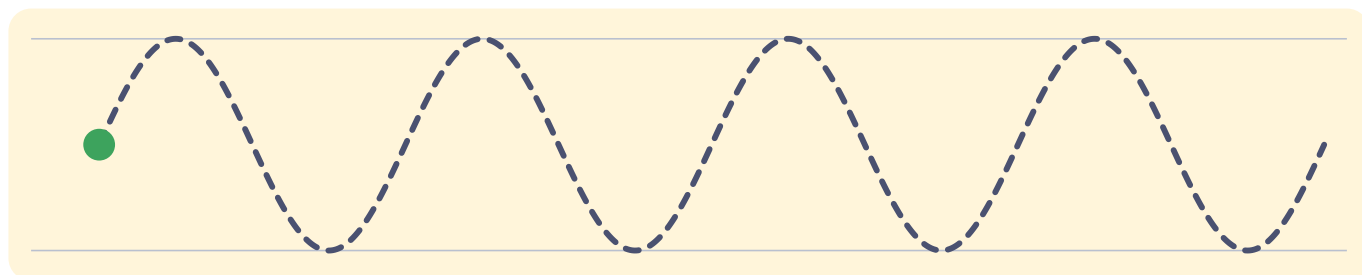
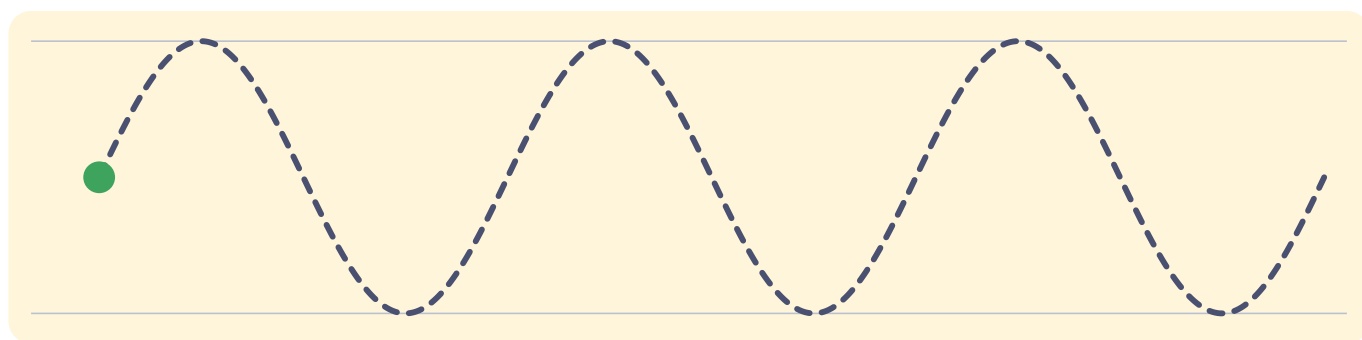
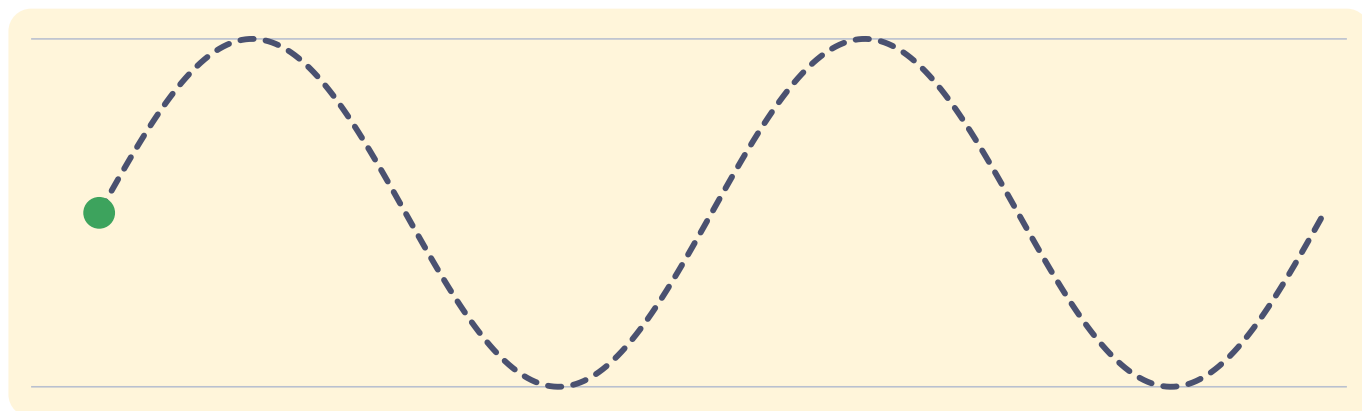


Schwungübungen: Wellen

Auf und ab wie Wellen im Meer. Starte am grünen Punkt.

Name: _____

Datum: _____

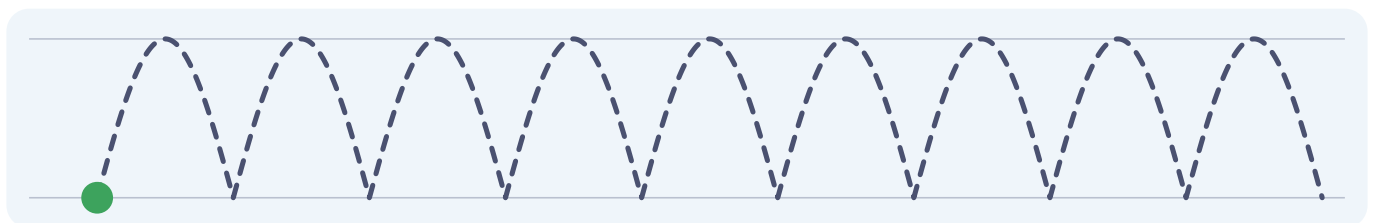
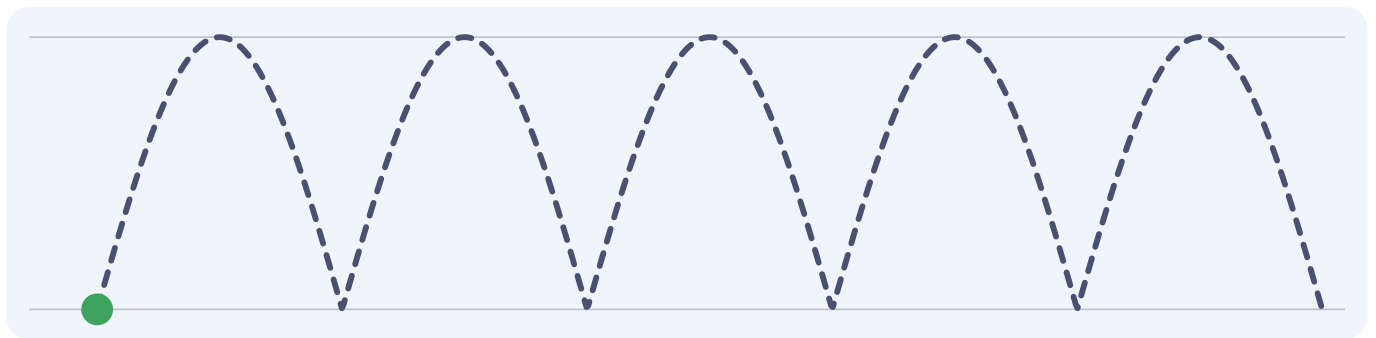
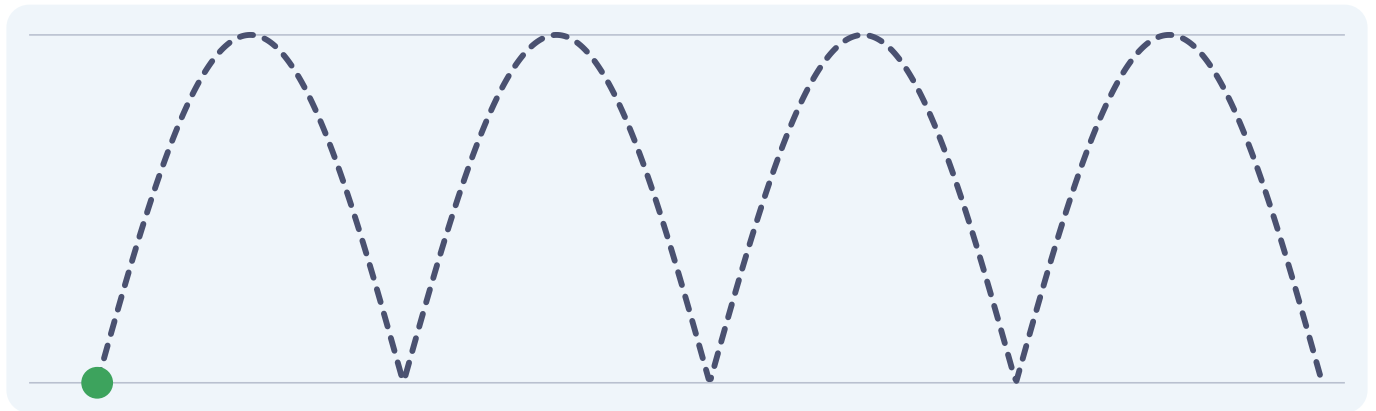


Schwungübungen: Bögen

Name: _____

Datum: _____

Hoch und runter: Bogen an Bogen, wie Brücken. Starte am grünen Punkt.

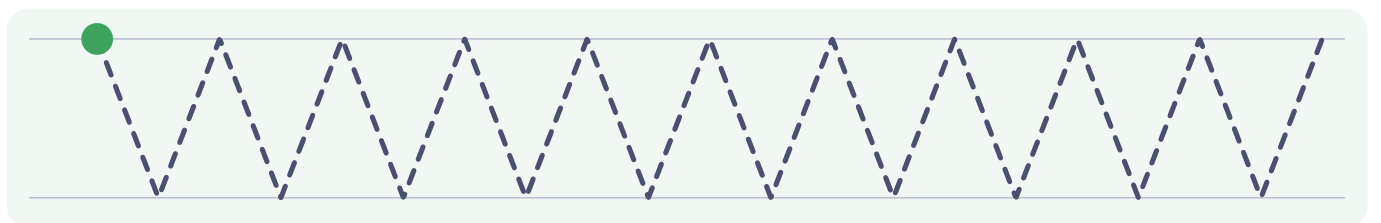
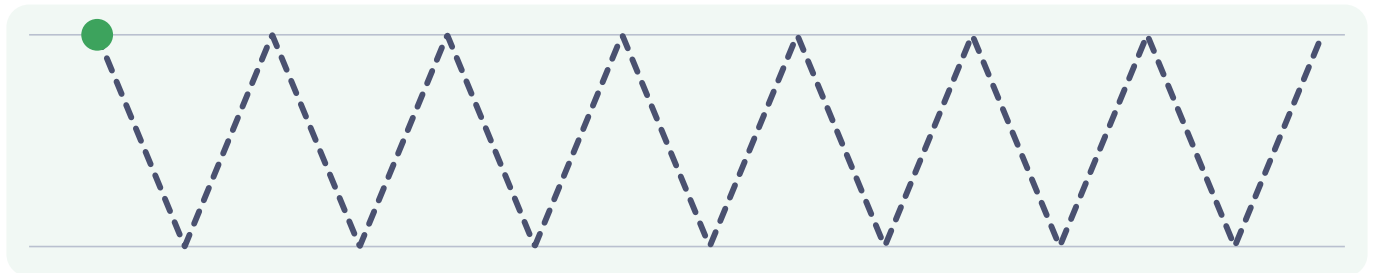
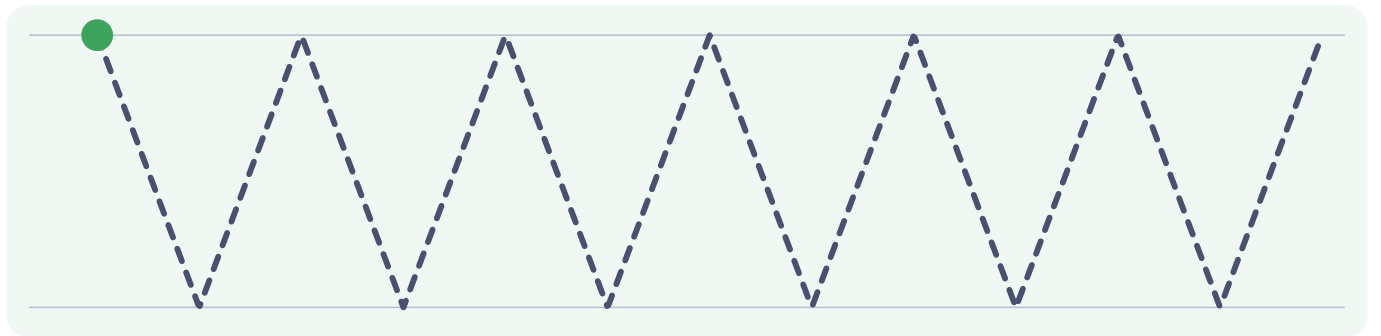
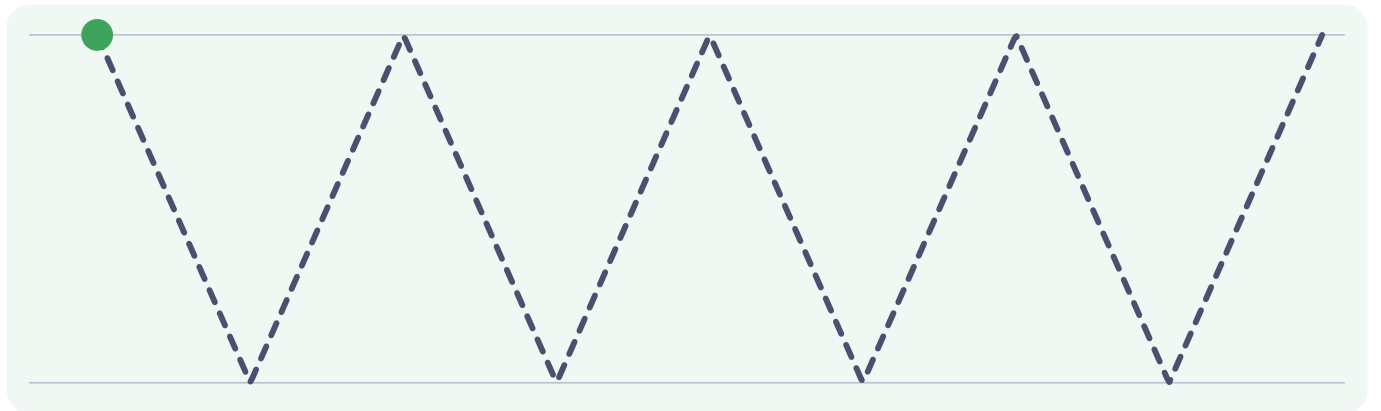


Name: _____

Datum: _____

Schwungübungen: Zacken

Spitze Zacken wie ein Gebirge. An jeder Spitze kurz anhalten. Starte am grünen Punkt.

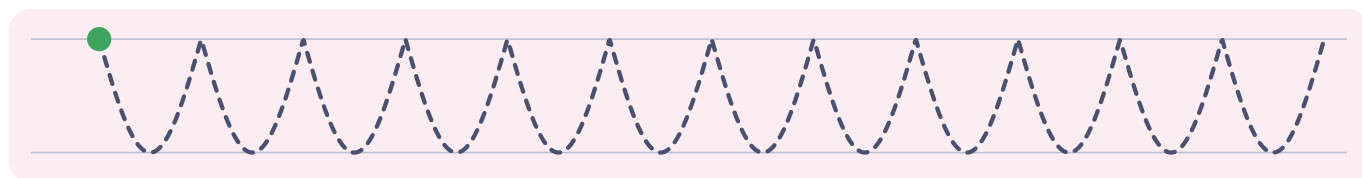
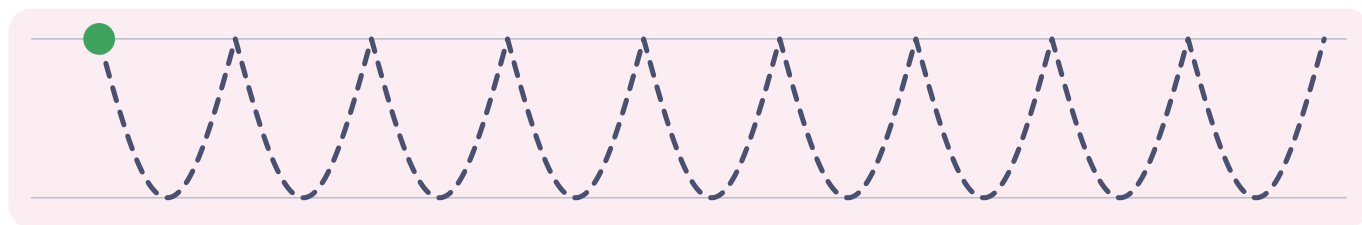
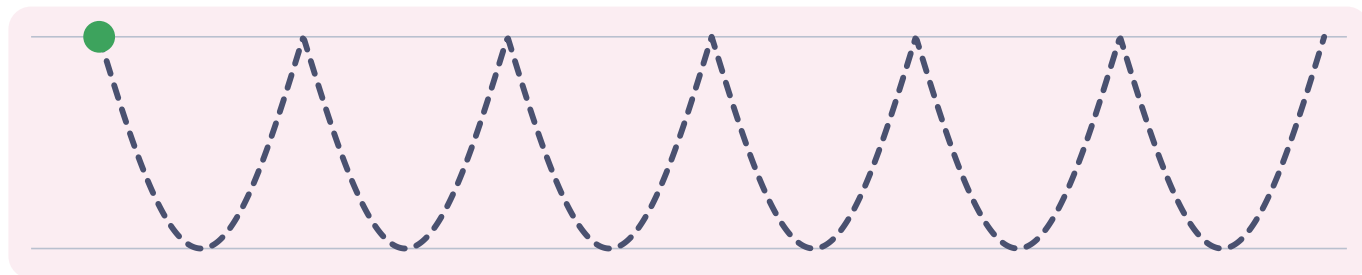
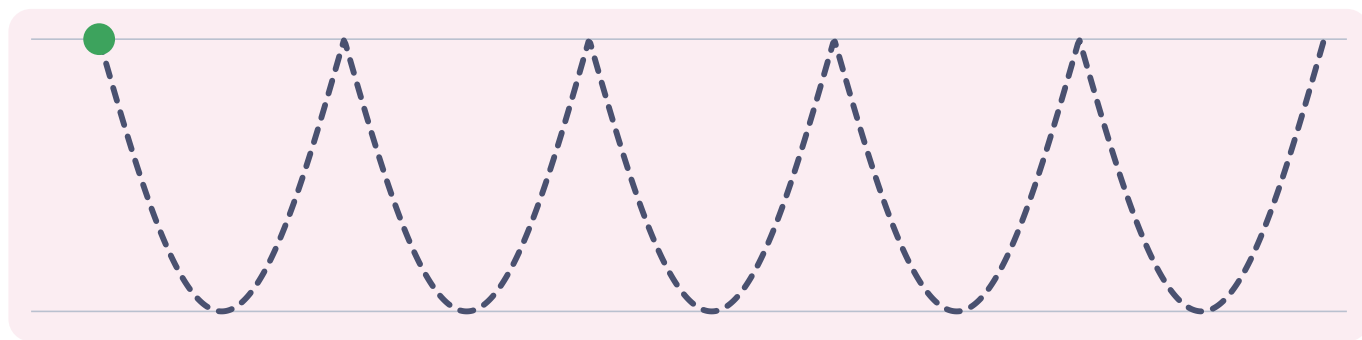
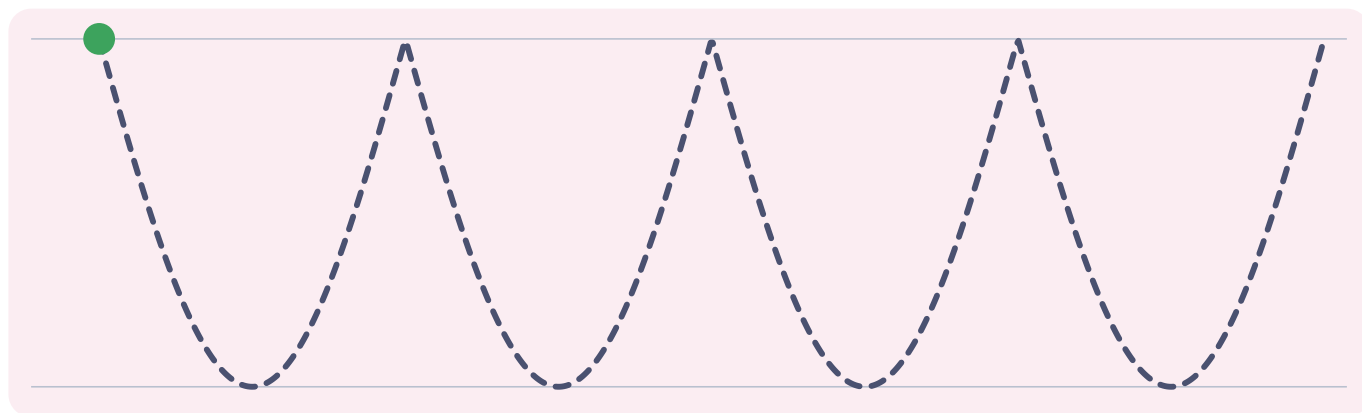


Name: _____

Datum: _____

Schwungübungen: Girlanden

Girlanden wie Ketten zwischen zwei Bäumen. Starte am grünen Punkt.

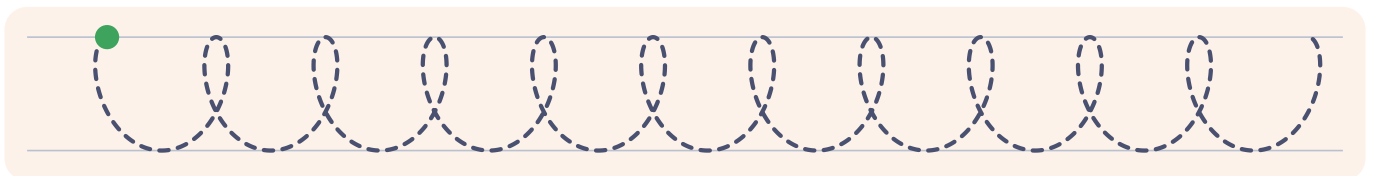
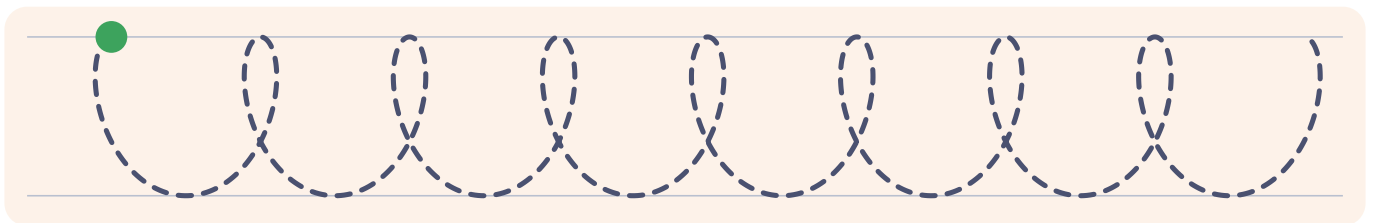
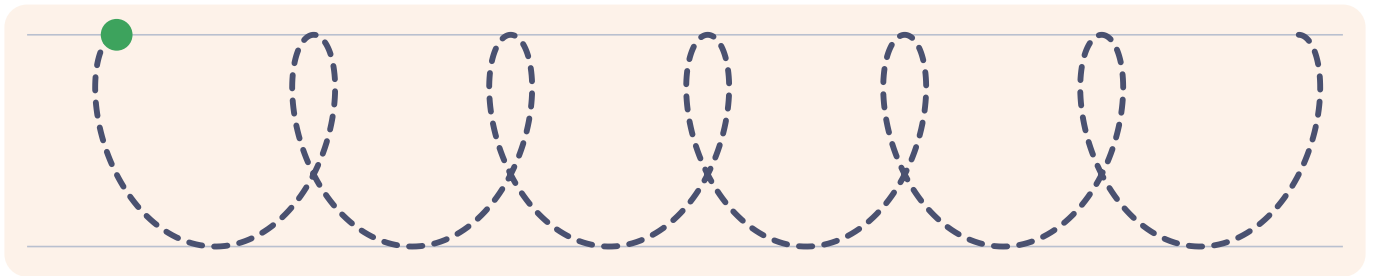
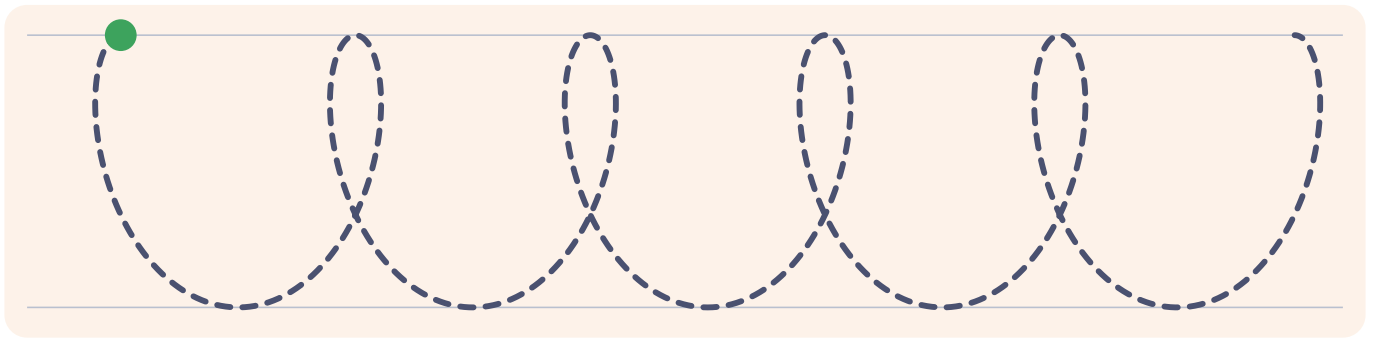
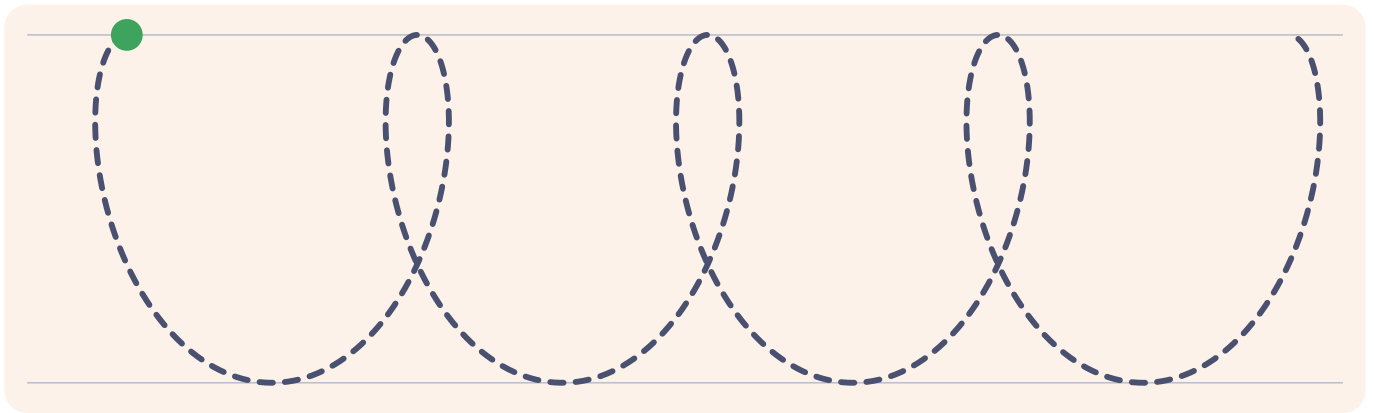


Name: _____

Datum: _____

Schwungübungen: Schleifen

Schleifen wie ein Wollfaden. Oben eine Runde drehen. Starte am grünen Punkt.



Name: _____

Datum: _____

Schwungübungen: Spiralen

Schnecken: außen beginnen und nach innen drehen. Starte am grünen Punkt.

