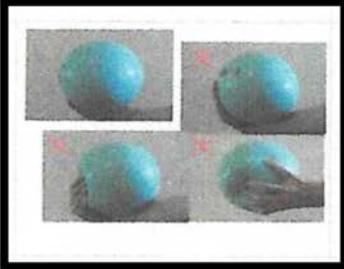
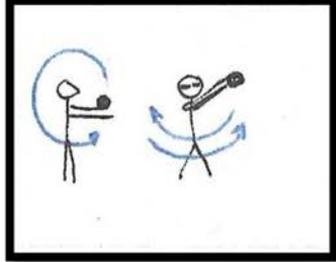
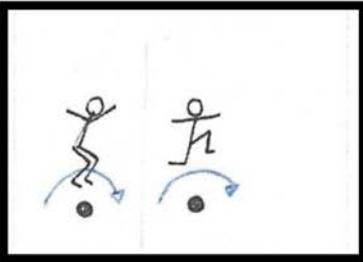
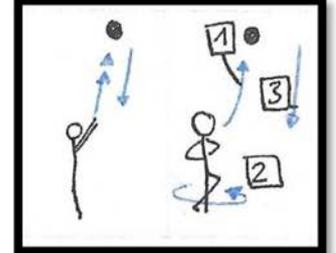
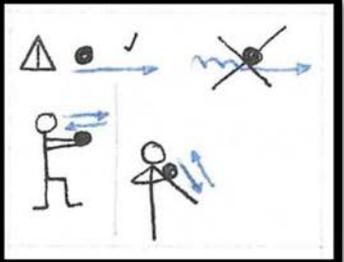
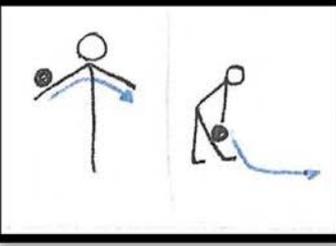
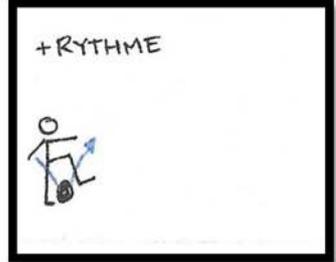
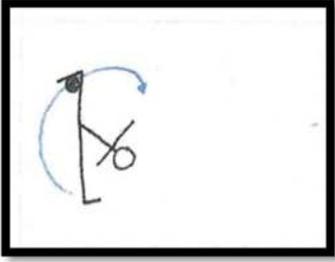
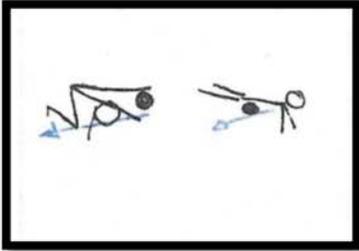
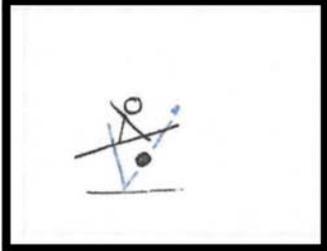
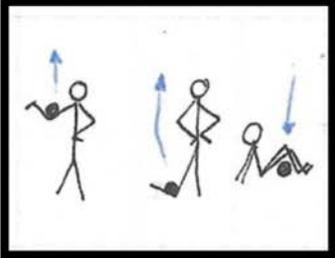
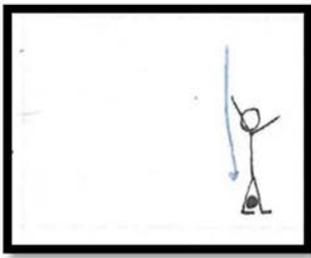
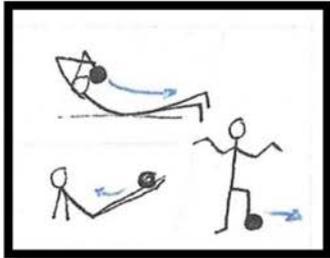
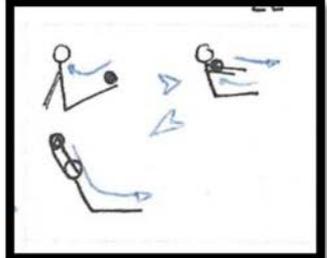
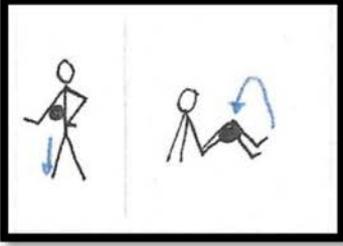
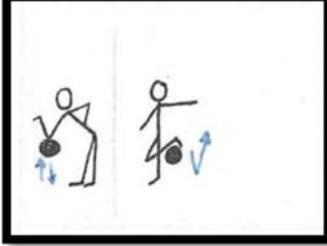
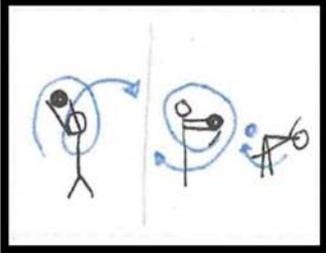
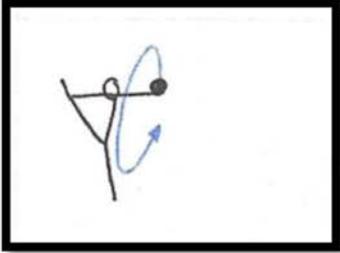
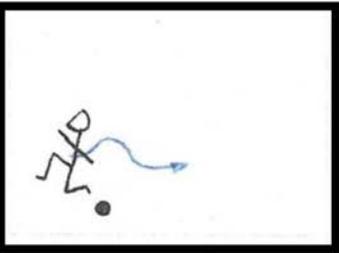
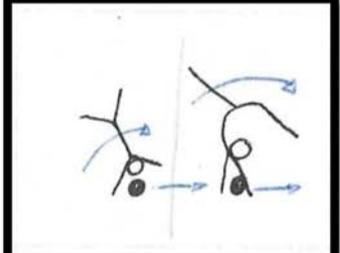
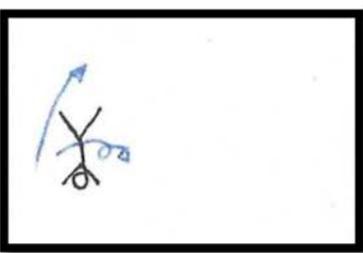
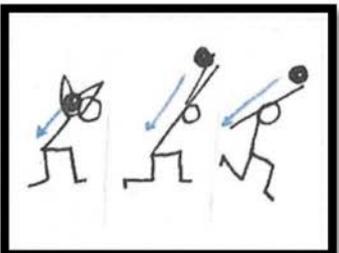
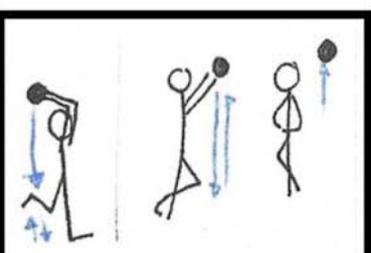
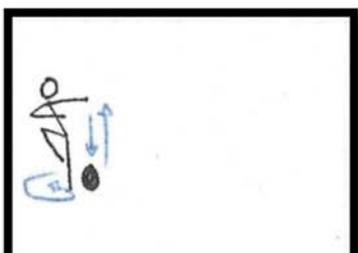
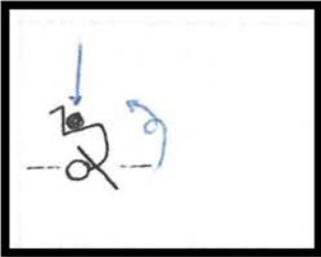
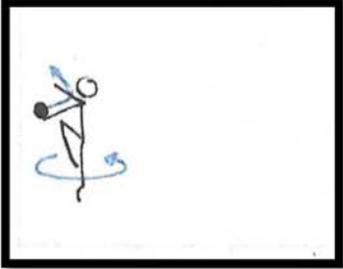


# Eine Lektion mit dem Handgerät Ball

	<p><b>Niveau 1</b> Einführung, Technische Grundlagen, nur eine Bewegung</p>	<p><b>Niveau 2</b> Die Schwierigkeit &amp; die Schwingungsweite erhöhen</p>
<p>Führen, Kreisen, Balancieren</p>		
<p>Darüber oder darunter springen</p>		
<p>Werfen/ Fangen</p>	<p>  </p>	
<p>Rollen</p>	<p>  </p>	
<p>Prellen</p>	<p>  </p>	<p>  </p>

	<p><b>Niveau 3</b> Die Bewegung mit einem anderen Körperteil als den Händen beginnen oder beenden</p>	<p><b>Niveau 3</b> Mehrere Körperteile beanspruchen</p>
<p>Führen, Kreisen, Balancieren</p>		
<p>Darüber oder darunter springen</p>		
<p>Werfen/ Fangen</p>		
<p>Rollen</p>		
<p>Prellen</p>		

	<p><b>Niveau 3</b> Ausserhalb des Blickfeldes</p>	<p><b>Niveau 3</b> Mit anderen körperlichen Bewegungen kombinieren: Akrobatik, Pirouetten, Schrittkombinationen, Sprünge, ...</p>
<p>Führen, Kreisen, Balancieren</p>		
<p>Darüber oder darunter springen</p>		
<p>Werfen/ Fangen</p>		
<p>Rollen</p>		
<p>Prellen</p>		

	<b>Niveau 4</b> Probiere dich aus & kombiniere mehrere Elemente aus dem Level 3
Führen, Kreisen, Balancieren	
Darüber oder darunter springen	
Werfen/ Fangen	
Rollen	
Prellen	

**Viel Spass beim Ausprobieren 😊**

Verbindet die verschiedenen Elemente, kombiniert mit anderen Bewegungen, fügt Musik hinzu und habt Spass beim Turnen mit Ball.