

Wie lange hältst du durch?



Du brauchst: - eine Uhr mit Sekundenzeiger oder eine Stoppuhr
 - deine Muskeln
 - täglich ein paar Minuten Zeit

Deine Aufgabe: - führe die Übungen 1 -2 Mal am Tag durch
 - versuche die Übungen jedes Mal etwas länger durchzuhalten
 - Wie viele Sekunden schaffst du bis die Schule wieder startet?

Übung	deine 1. Zeit	deine beste Zeit
 A young girl in a white long-sleeved shirt and black leggings is performing a plank exercise on a yellow mat. She is on her hands and forearms, with her body in a straight line.		
 A young girl in a white long-sleeved shirt and black leggings is performing a handstand. She is balancing on her hands with her feet raised and legs together.		
 A young girl in a white long-sleeved shirt and black leggings is performing a wall sit. She is sitting on the floor with her back against a wall and her knees bent at a 90-degree angle.		
 A young girl in a white long-sleeved shirt and black leggings is performing a one-legged balance exercise. She is standing on one leg with the other leg raised and bent at a 90-degree angle, and her arms are raised above her head.		

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