

UNTERRICHTSMATERIAL

ROPE SKIPPING

27 HANDGEZEICHNETE STATIONSKARTEN | ORIENTIERT AN ECHTEN BEWEGUNGEN



BEWEGUNGSVIDEOS

ROPE-SKIPPING

28 HD VIDEOS



28 Videos online unter:

<https://wimasu.de/ropeskippingvideos/>



IMPRESSUM

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Illustrationen: Janes Veit
Lektorat: Leif Boe



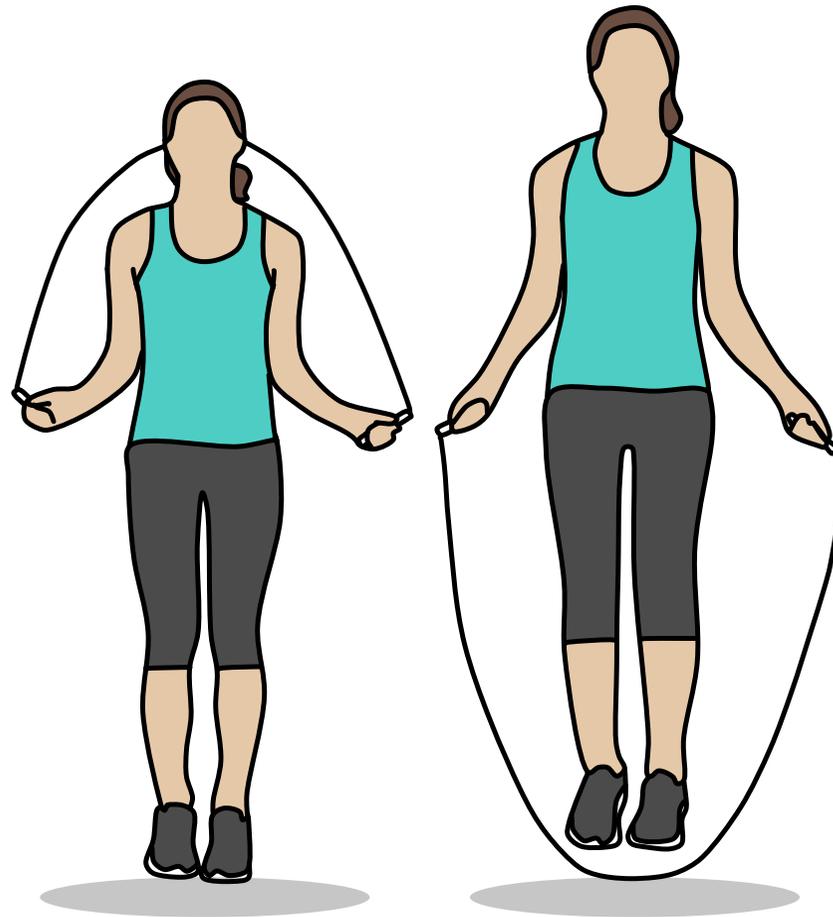
DIESES DOKUMENT ZITIEREN

J. Veit, Ch. Walther (2018). Stationskarten Rope Skipping
Eingeschränkter Zugriff am DATUM unter
<https://wimasu.de/shop/unterrichtsmaterial-rope-skipping/>
2. Version

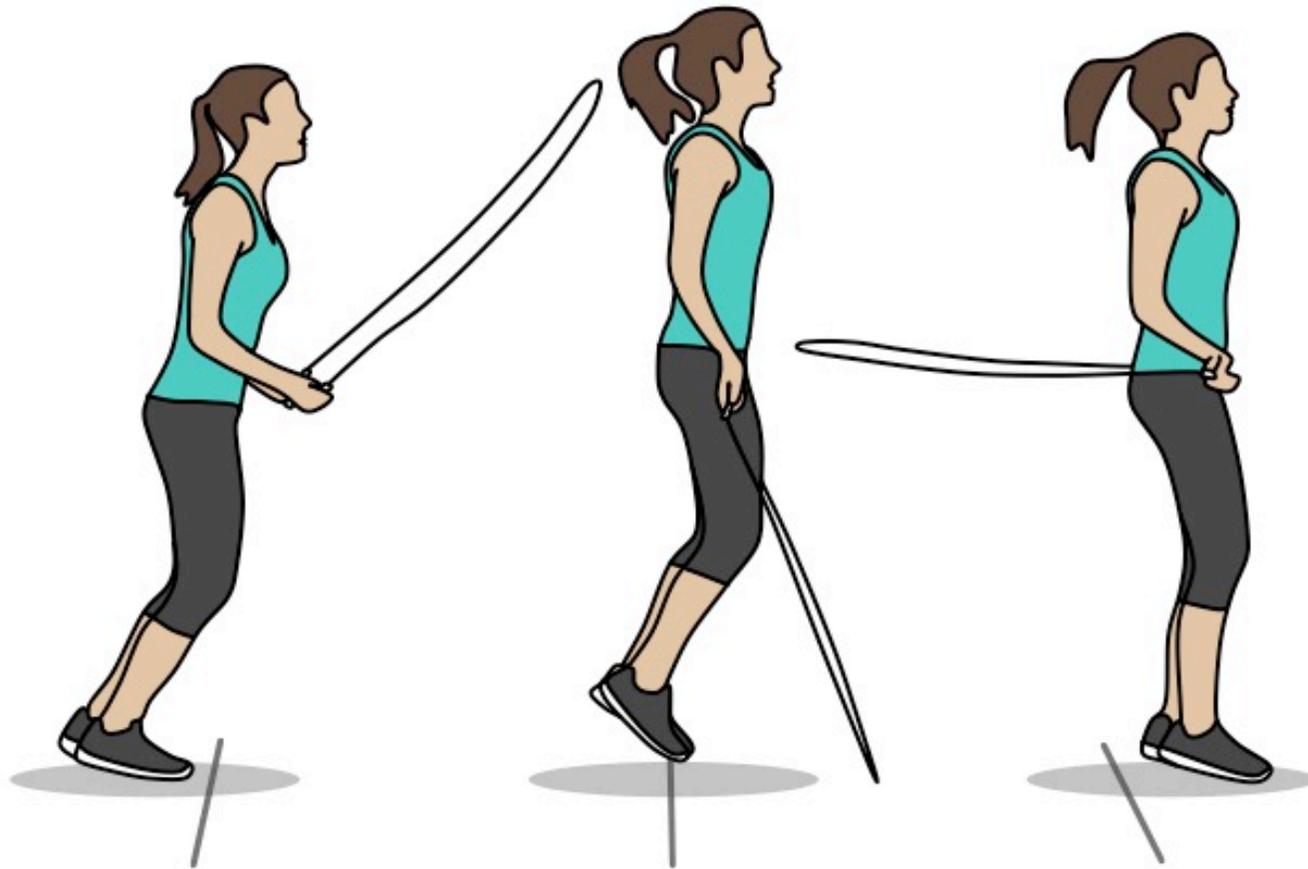


ROPE SKIPPING

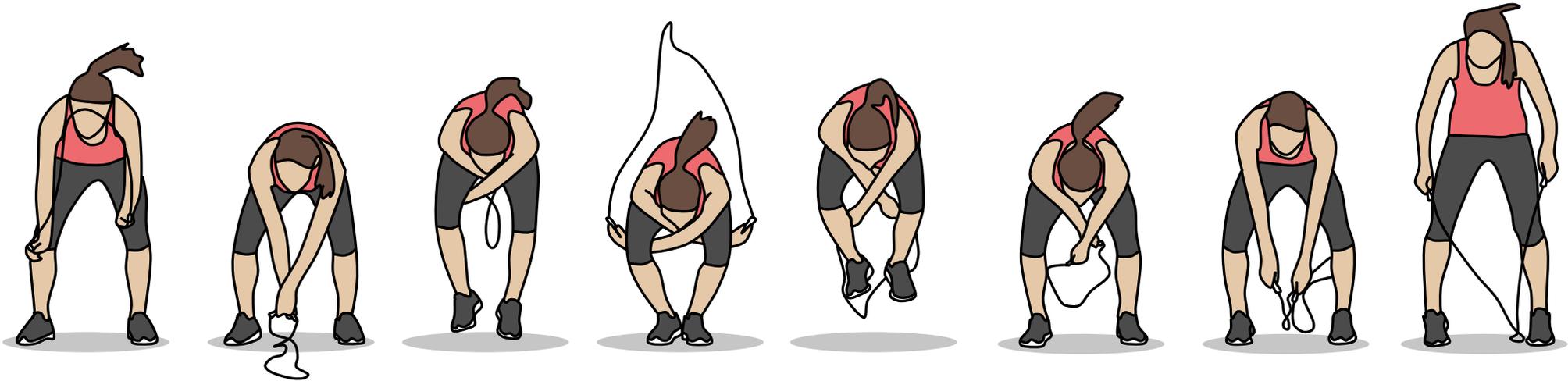
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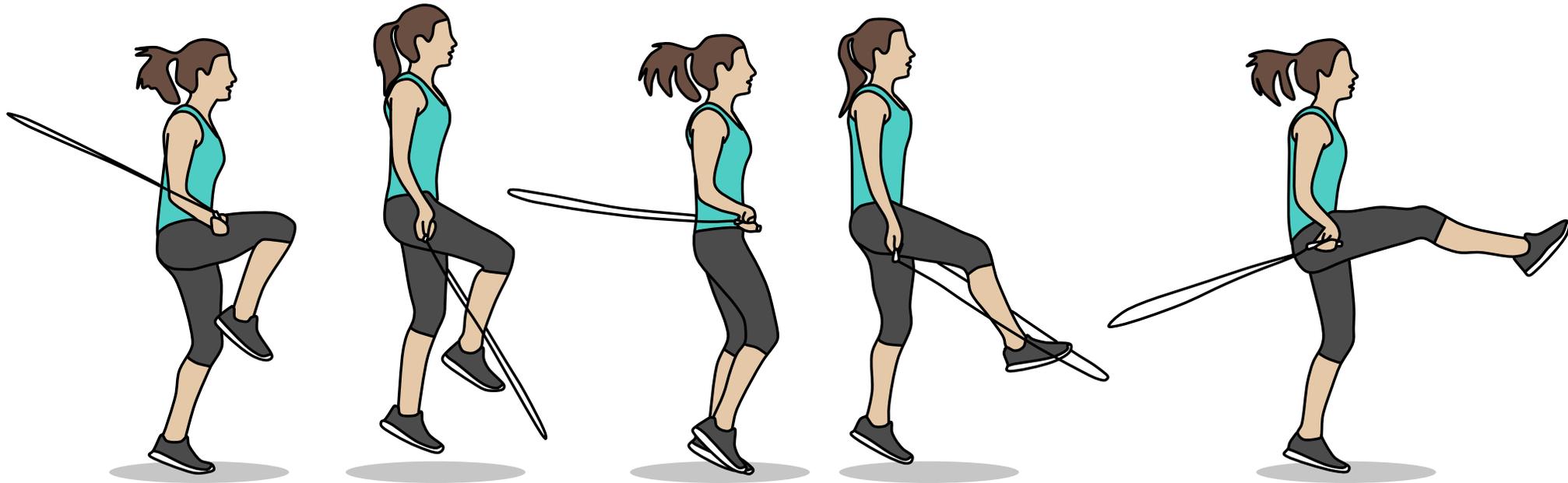
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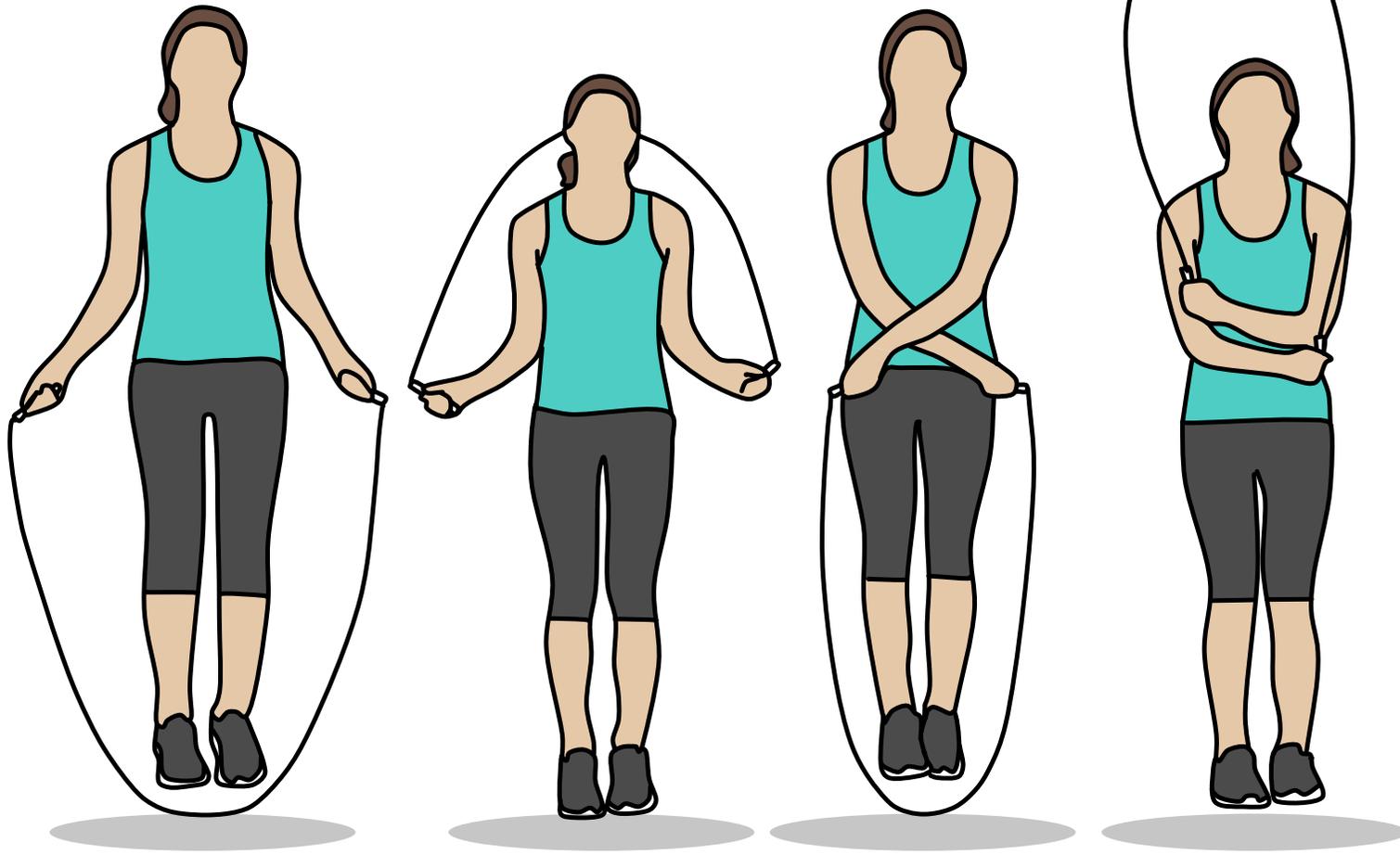


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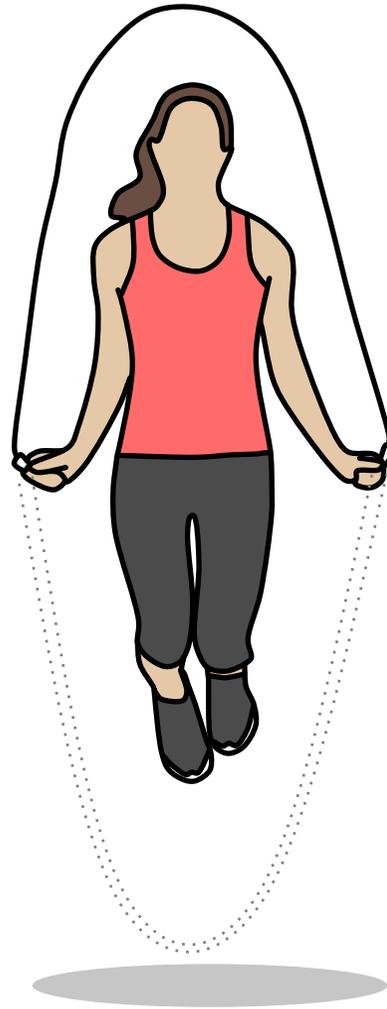
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CRISS CROSS



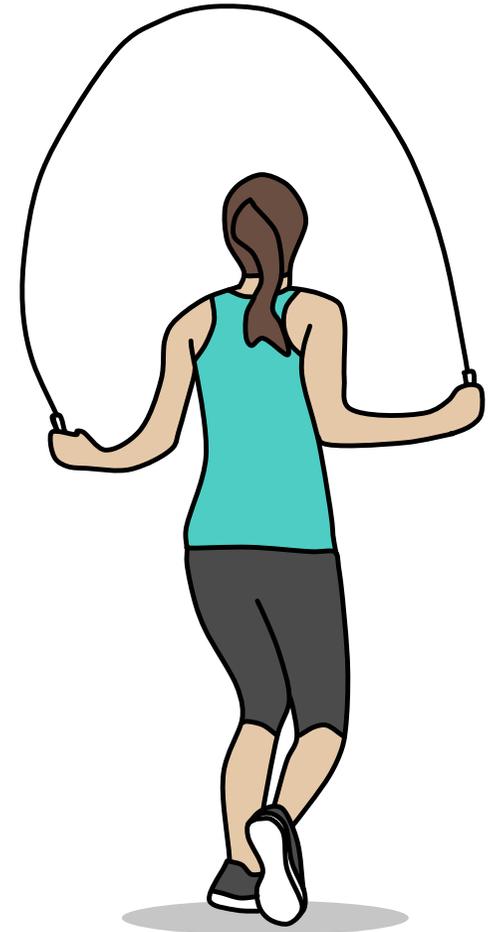
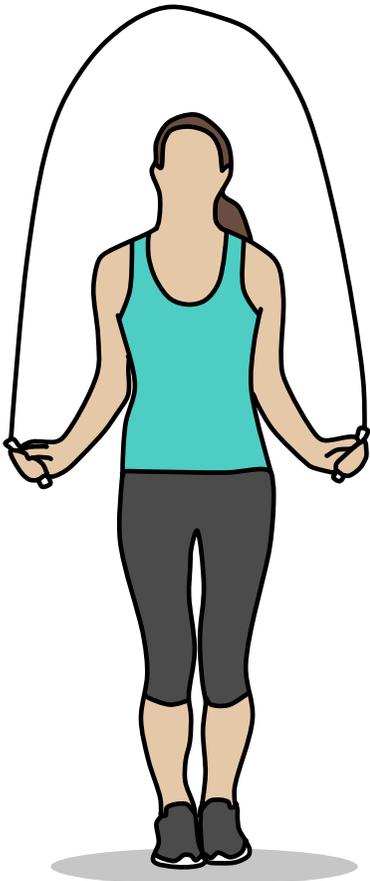
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DOUBLE UNDER

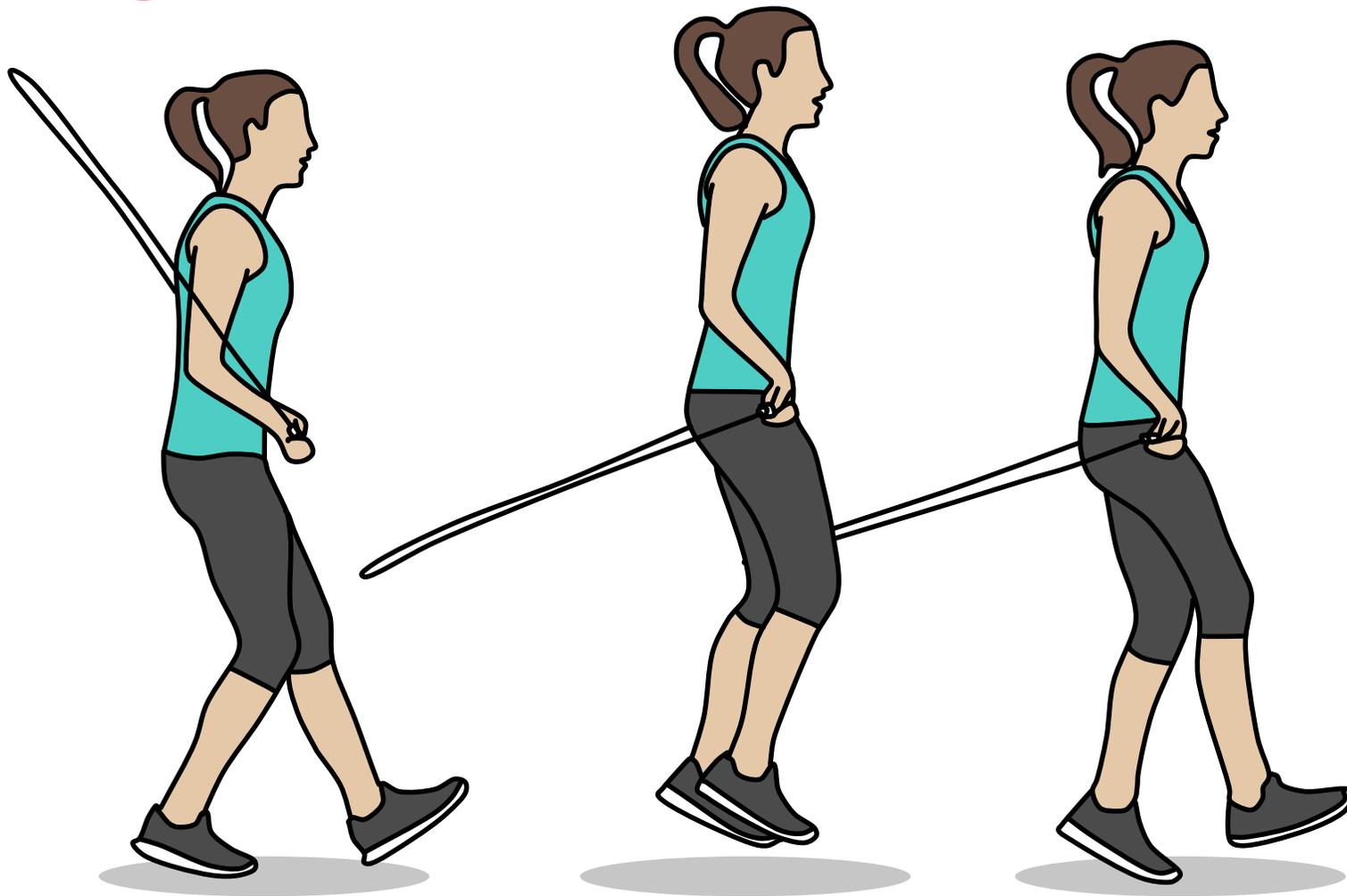


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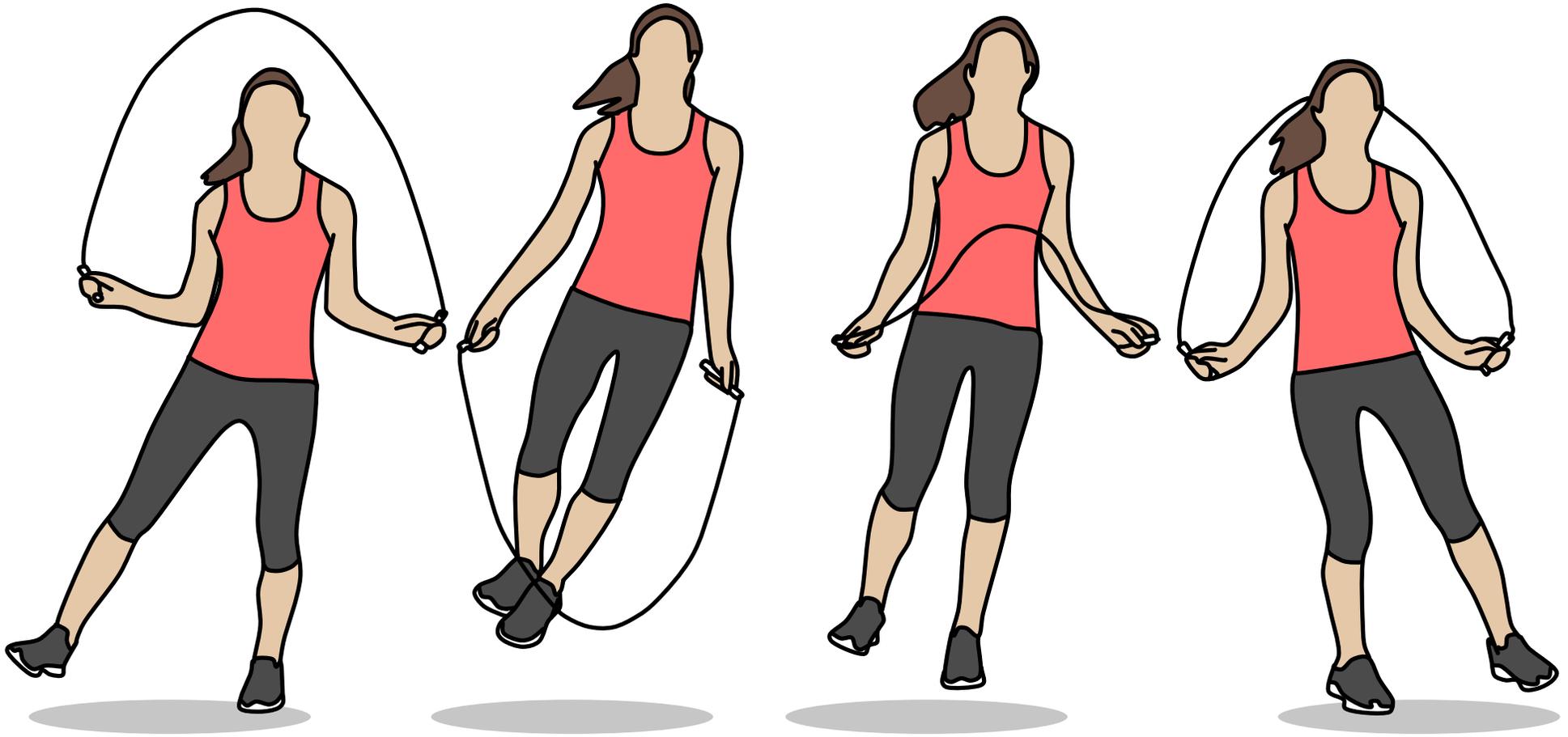
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ROPE SKIPPING HACKE

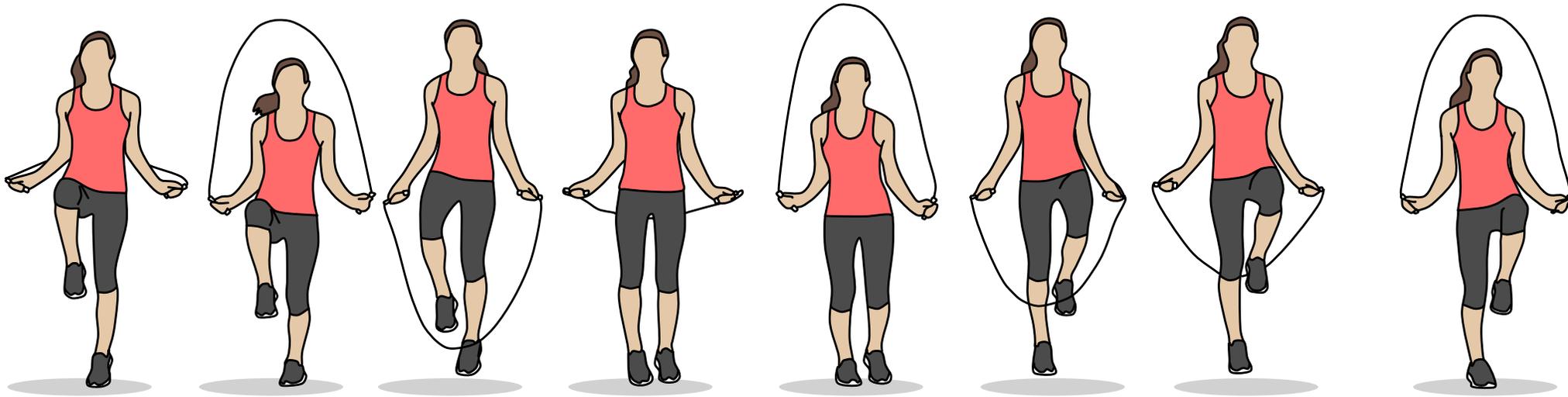


ROPE SKIPPING **KASPER**



ROPE SKIPPING

KNIE HOCH



ROPE SKIPPING

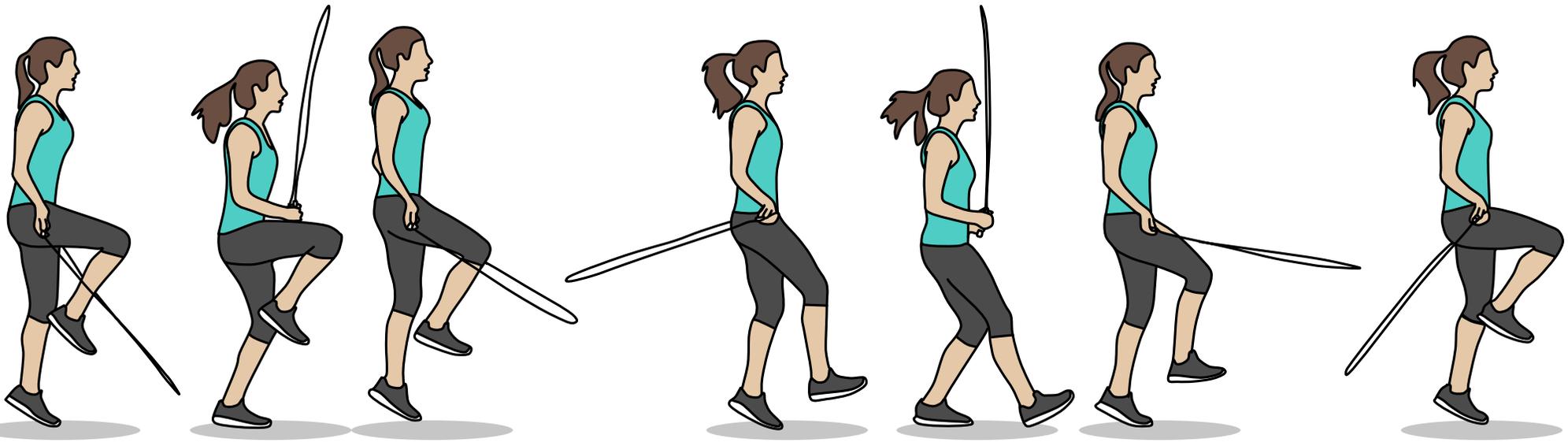
KOMBI HACKE UND SPITZE



ROPE SKIPPING

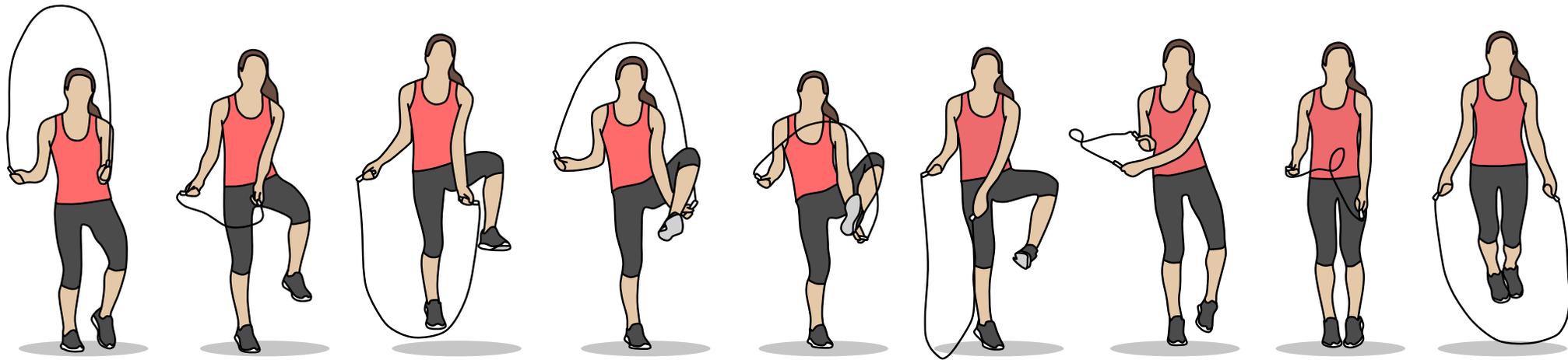
KOMBI

KNIE HEBEN UND HACKE

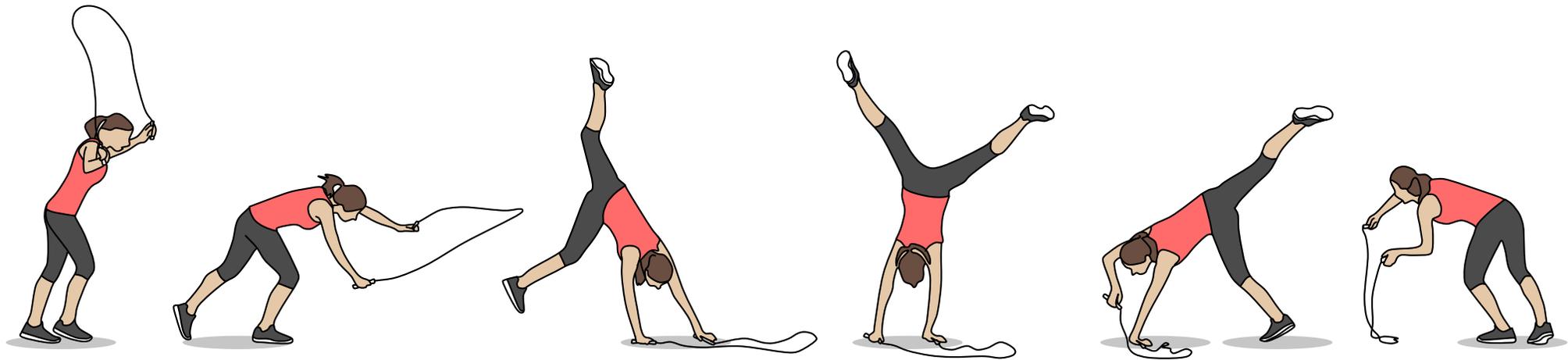


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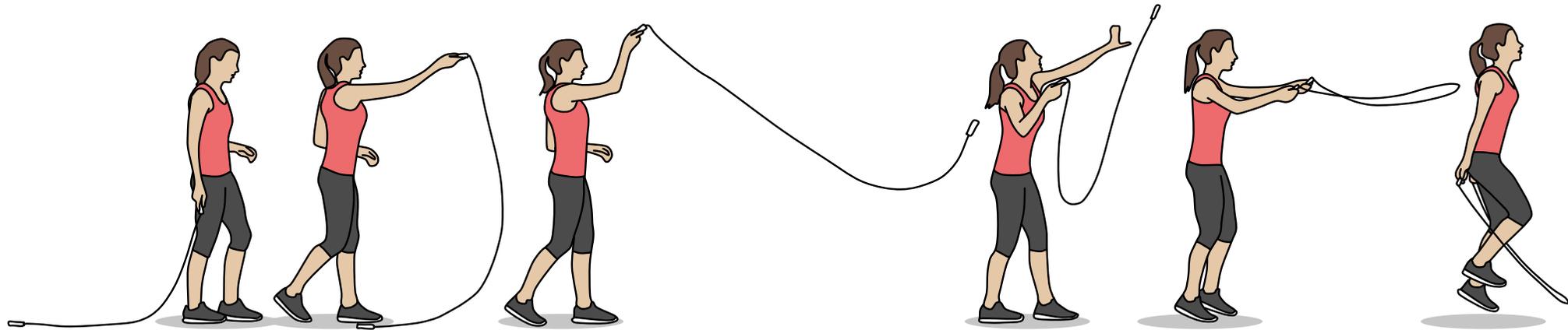
OFFENE BREZEL



ROPE SKIPPING RAD

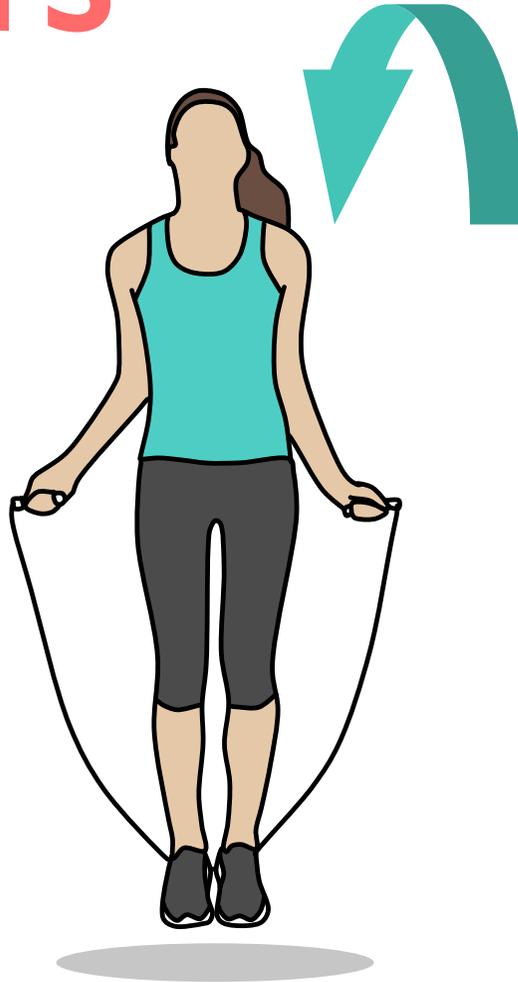


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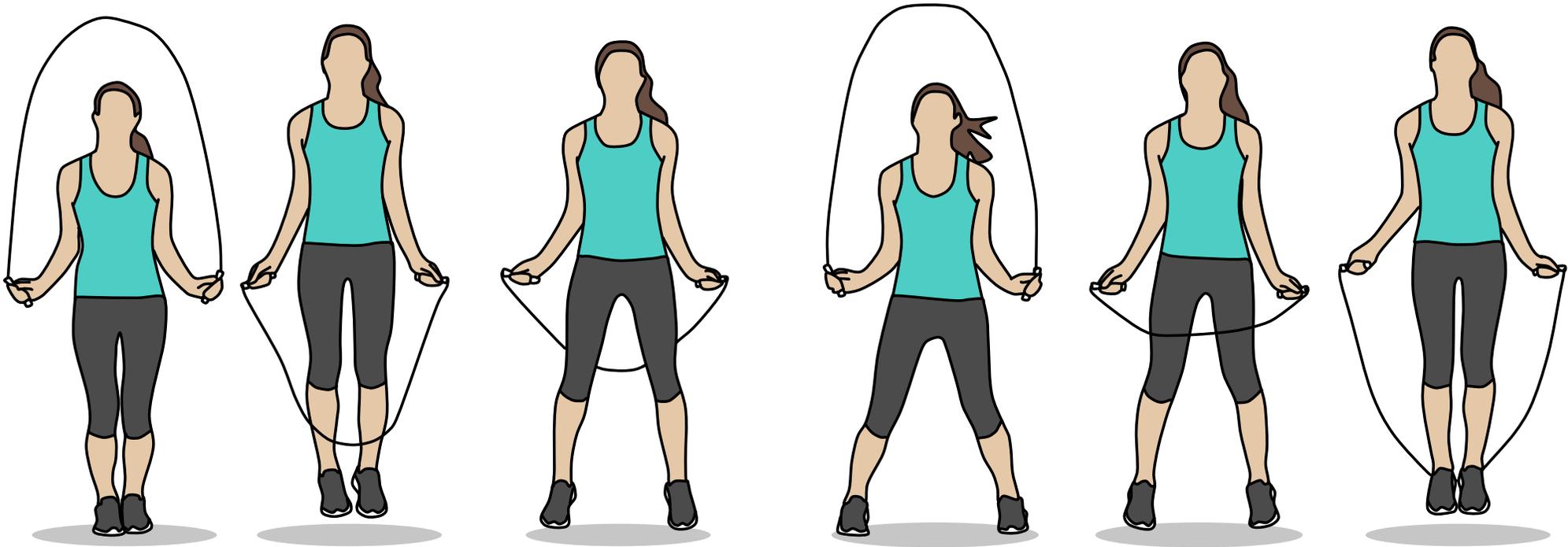
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RÜCKWÄRTS



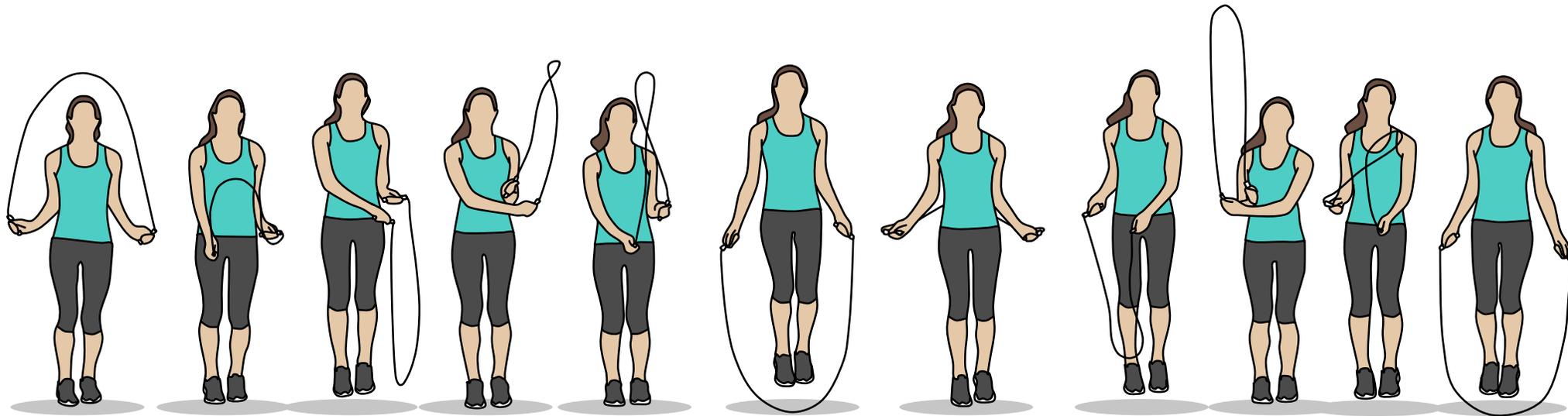
ROPE SKIPPING

SIDE STRADDLE

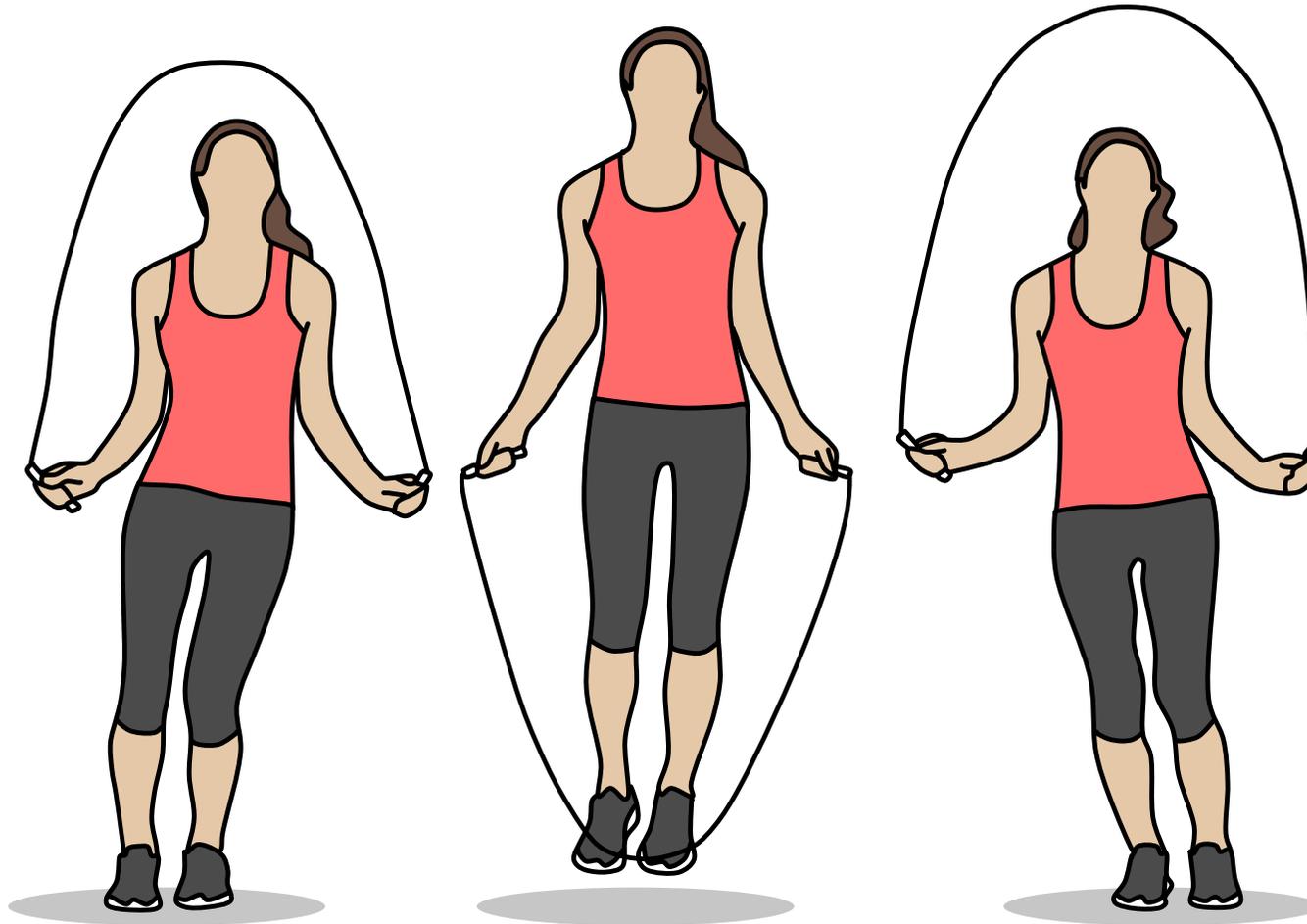


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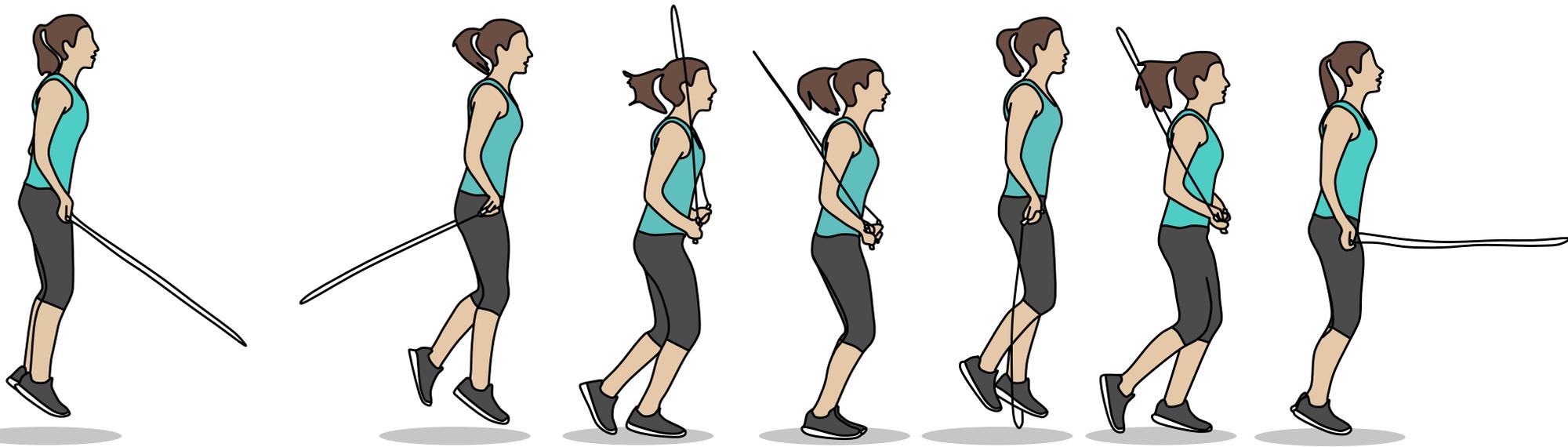
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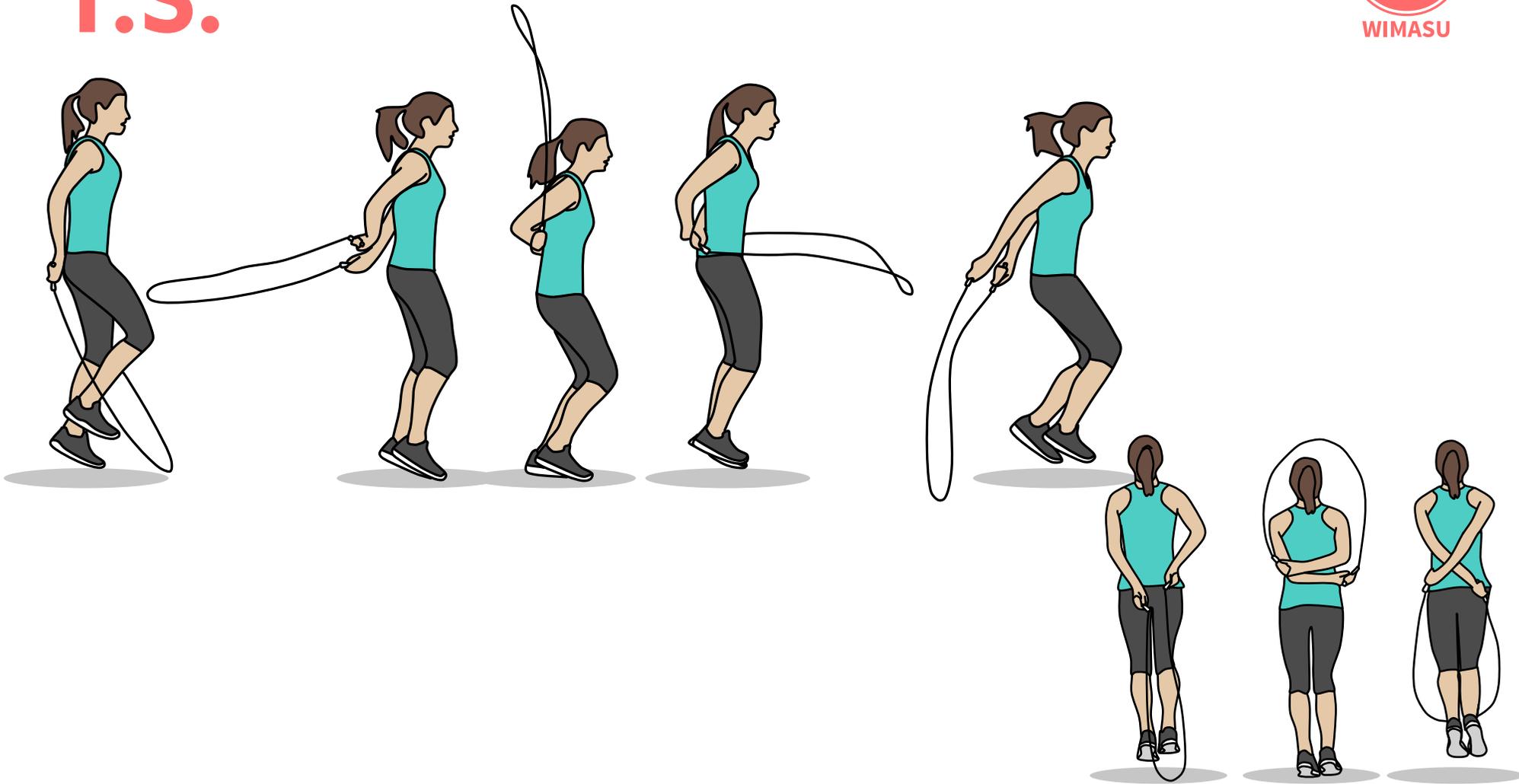
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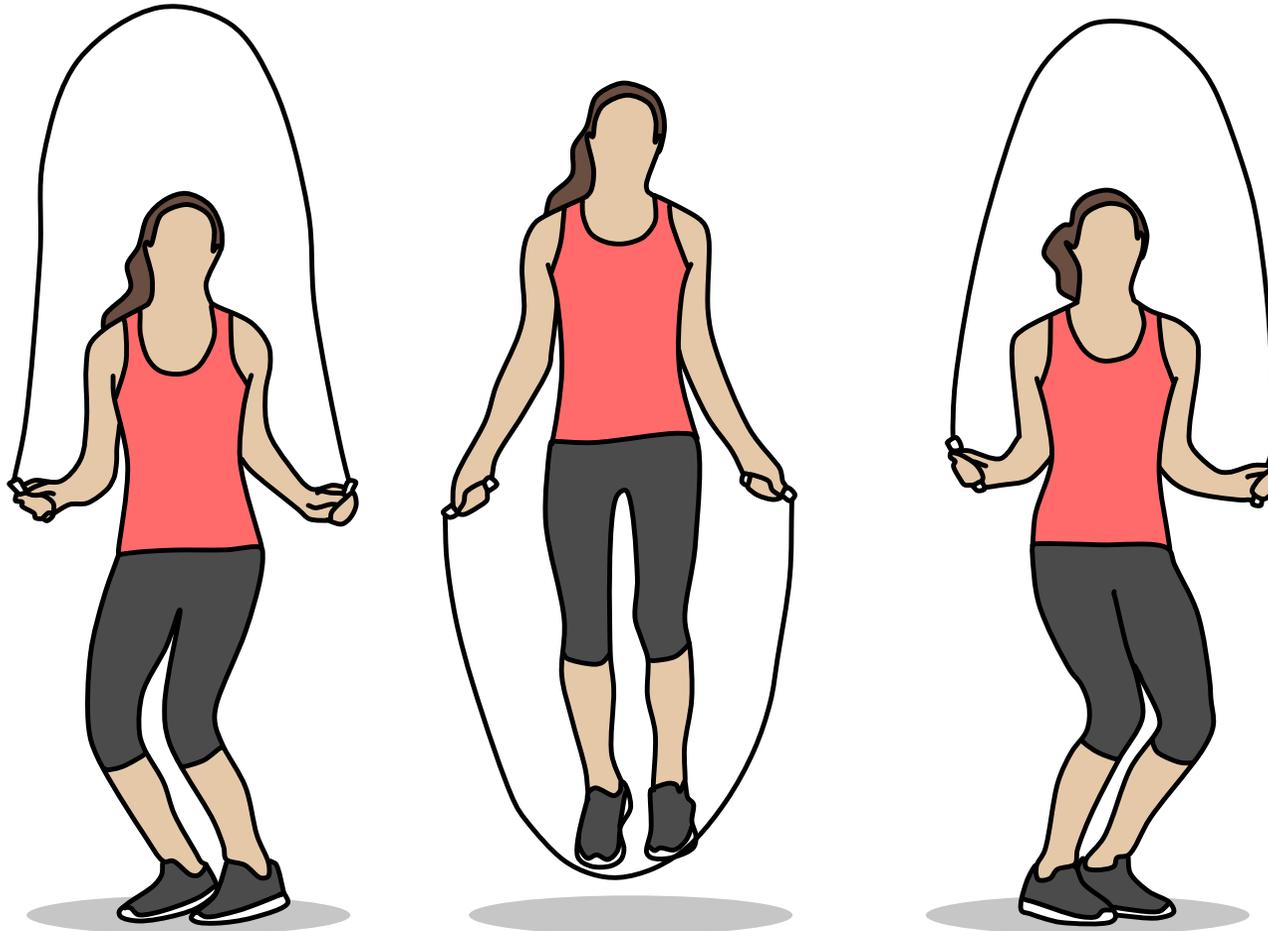
ROPE SKIPPING SPITZE



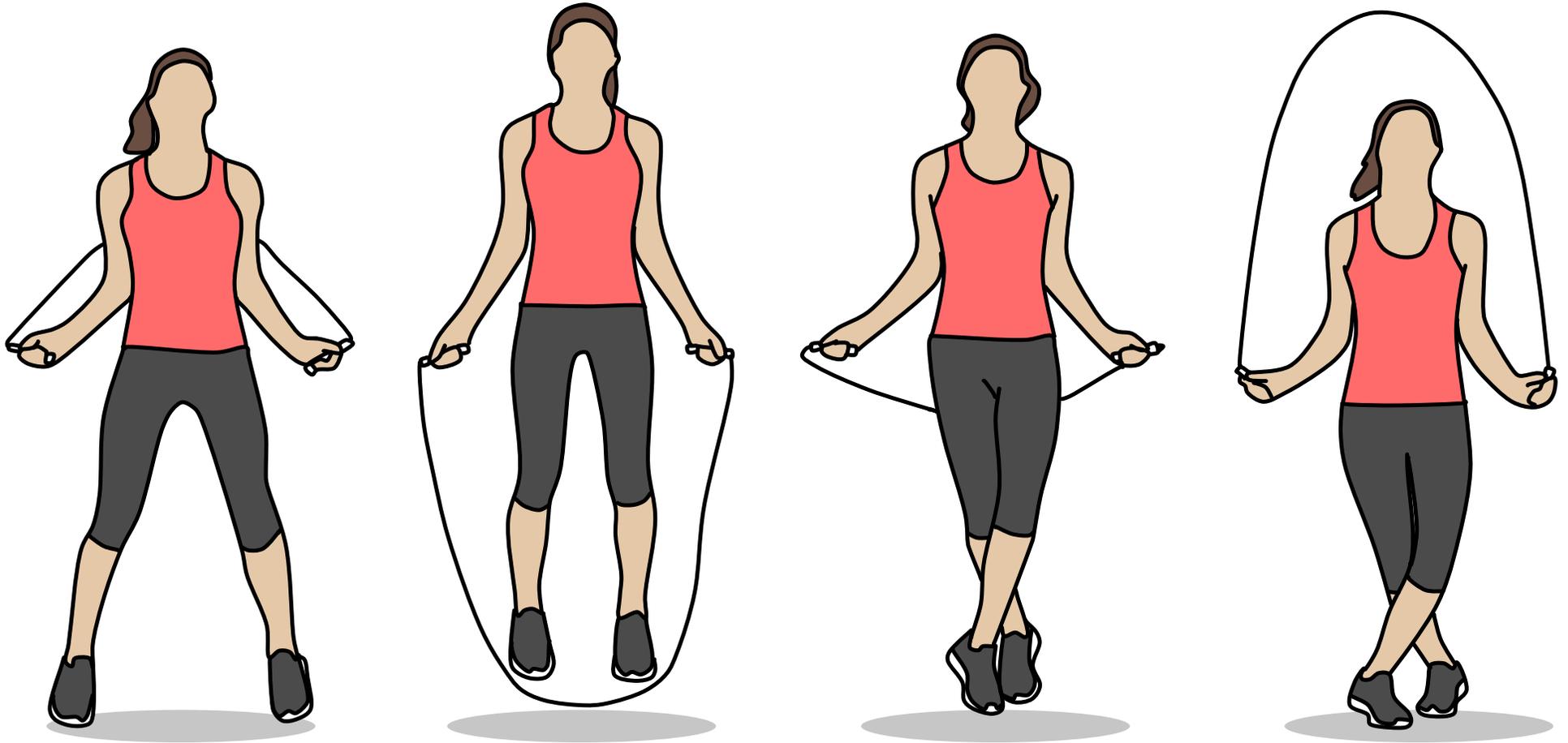
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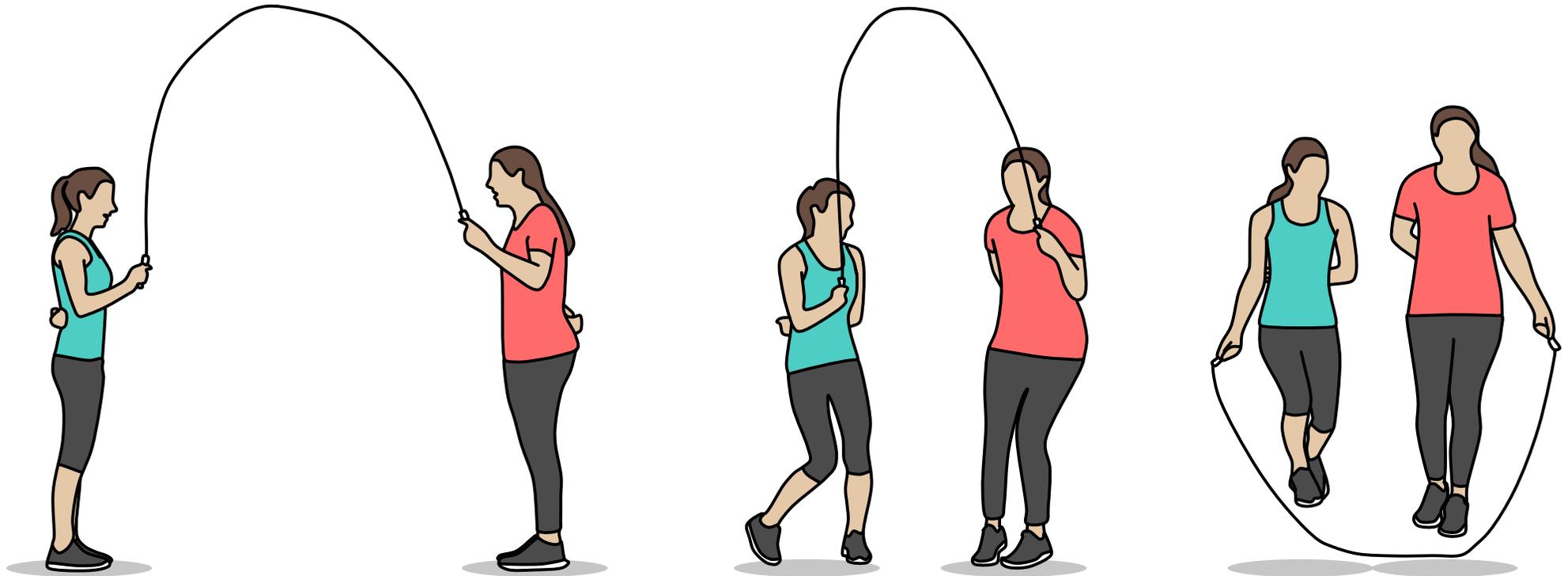
ROPE SKIPPING TWIST



ROPE SKIPPING X-MOTION

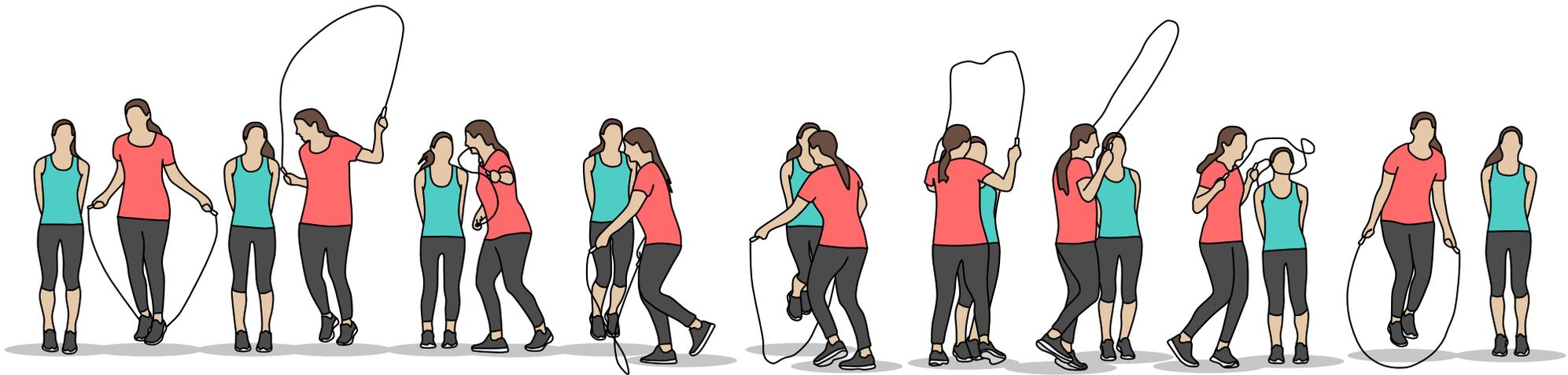


ROPE SKIPPING ZU ZWEIT DURCH

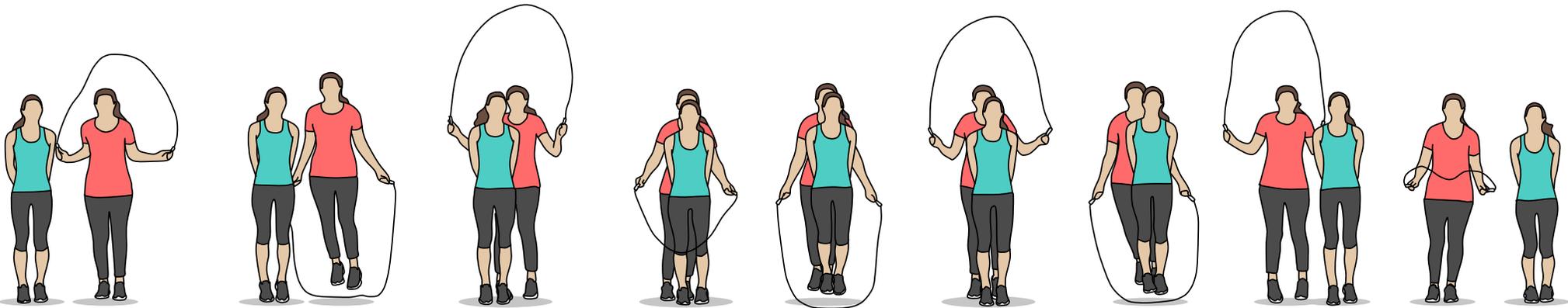


ROPE SKIPPING

MIT EINER DREHUNG VORNE EINFANGEN



ROPE SKIPPING TRAVELER



ROPE SKIPPING

KOMBI

ALLEIN & ZU ZWEIT

