

# Die Hochsprungtechnik Flop Und Ihre Sachgerechte Vermittlung - Christian Klaas

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Die folgende Hausarbeit handelt von der Hochsprungtechnik Flop und ihrer sachgerechten Vermittlung. Im zweiten Kapitel sollen zunächst einmal die konditionellen und konstitutionellen Grundvoraussetzungen für eine hohe Hochsprungleistung benannt werden, bevor im dritten Kapitel eine Einteilung des Flopsprungs in vier Abschnitte vorgenommen wird, die nacheinander, mit speziellem Augenmerk auf die zweckmäßige Verbindung von Anlauf und Absprung, beschrieben bzw. analysiert werden. Daraufhin folgen zwei unterschiedliche Ansätze zur Vermittlung der Hochsprungtechnik Flop. Während im vierten Kapitel zunächst ein kindgerechter Zugang zum Hochsprung allgemein unter Verwendung eines offenen Unterrichtskonzepts vorgestellt werden soll, wird im fünften Kapitel in einem zweiten Schritt auf spezielle Übungsformen zur Floptechnik im Rahmen eines geschlossenen Unterrichtskonzepts eingegangen. Author: Klaas, Christian Publisher: GRIN Verlag Illustration: N Language: GER Title: Die Hochsprungtechnik Flop und ihre sachgerechte Vermittlung Pages: 00018 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638432924 Category: Sports & Recreation : General

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