

Erarbeitung Des Gleitens Aus Der Rückenlage Unter Besonderer Berücksichtigung Des Aufstehens Aus Der Rückenlage - Marcus Lüpke

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In dieser Stunde wird unkompliziert und effektiv die Grundlage für das Rückenschwimmen erarbeitet. Ohne Gleiten in Rückenlage auch kein Schwimmen. In unzahligen Stunden erprobt (auch mit Erwachsenen in Rückenschwimmkursen) und daher für gut befunden.

Unterrichtsentwurf aus dem Jahr 1998 im Fachbereich Sport - Sportpädagogik, Didaktik, Note: 1.0, - (Studienseminar Arnsberg), Veranstaltung: Studienseminar Arnsberg, Sprache: Deutsch. Author: Lüpke, Marcus Publisher: GRIN Verlag Illustration: N Language: GER Title: Erarbeitung des Gleitens aus der Rückenlage unter besonderer Berücksichtigung des Aufstehens aus der Rückenlage Pages: 00012 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638296564 Category: Sports & Recreation : General

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