

Durchführung Einer Von Schülern Gestalteten Ausdaueralley (schwimmsport) - Marcus Lüpke

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I Thema der Unterrichtsreihe Ausdauerschwimmen: Verbesserung der Leistungsfähigkeit des Herz-Kreislaufsystems und der allgemeinen Schwimmfähigkeit durch variabel gestaltetes Ausdauerschwimmen. Im Rahmen eines abwechslungsreichen Schwimmtrainings üben und festigen die Schüler motiviert ihre Schwimmtechnik. Der didaktische Hintergrund der Stunde bietet gute Möglichkeiten, die Schüler selbst aktiv werden zu lassen. II Leitende Zielvorstellung der Unterrichtsreihe Die SchülerInnen sollen ihre (z.T. körperlich erworbene) Schwimmfähigkeit festigen, indem sie das Ausdauerschwimmen in verschiedenen Variationen durchführen. Desweiteren sollen die an der Schwimmbewegung beteiligten Muskeln gekräftigt, sowie die schwimmerische Grundlagenausdauer verbessert werden. Unterrichtsentwurf aus dem Jahr 1999 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: Durchführung einer von Schülern gestalteten Ausdaueralley (Schwimmsport) Pages: 00013 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638296571 Category: Sports & Recreation : General

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