



Die Vermittlung der Grobform des Fosbury-Flops im Sportunterricht Klasse 9 (German Edition)

Florian Schwarze

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Unterrichtsentwurf aus dem Jahr 2008 im Fachbereich Sport - Sportpädagogik, Didaktik, Note: 1,7, Universität Koblenz-Landau (Sportwissenschaft), Sprache: Deutsch, Abstract: Die Schüler sollen mit unterschiedlichen, hinführenden Übungen ihre Gewandtheit, Sprungkraft, Bewegungskoordination (Anlauf- und Absprung-koordination) sowie ihr Rhythmus- und Distanzgefühl verbessern und mit Hilfe dieser Fähigkeiten den gesamten Bewegungsablauf des Fosbury-Flops erlernen.

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