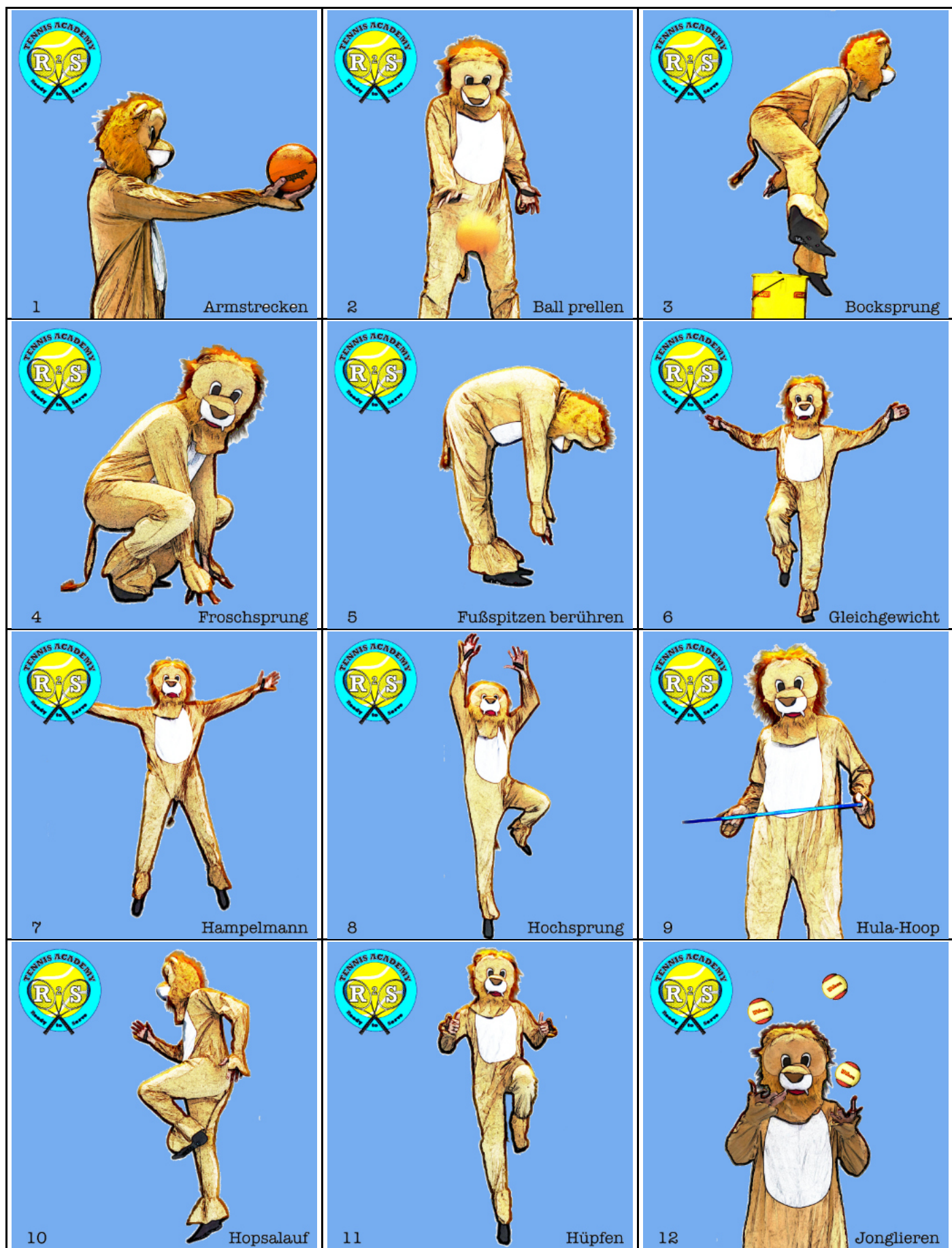
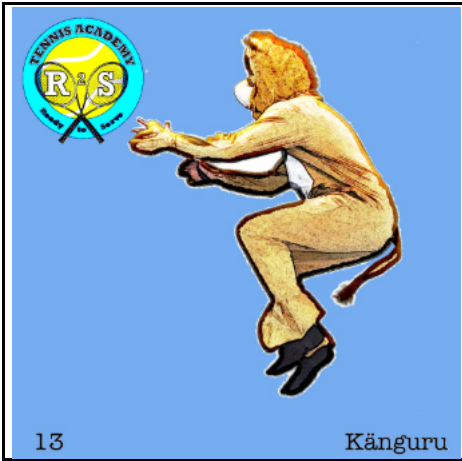


*Bewegungskärtchen zum ausschneiden





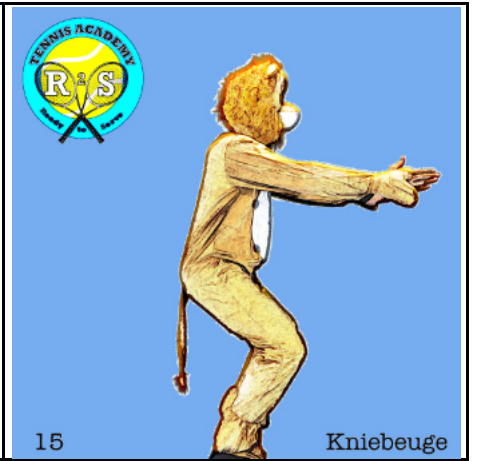
13

Känguru



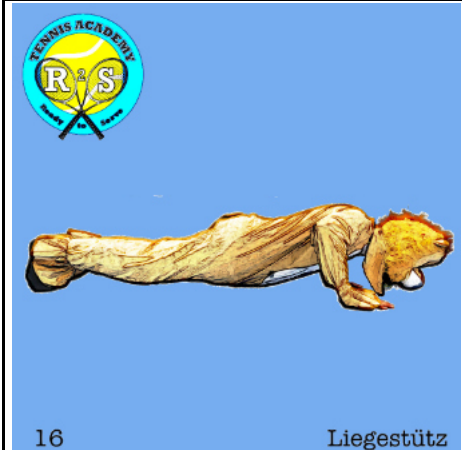
14

Klatschen



15

Kniebeuge



16

Liegestütz



17

Radschlag



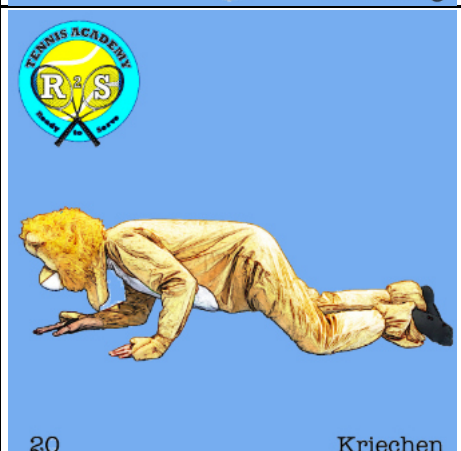
18

Rückwärts hüpfen



19

Rückwärtsrolle



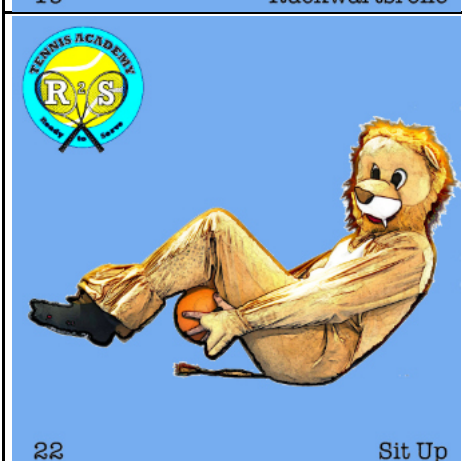
20

Kriechen



21

Seilchen



22

Sit Up



23

Spinne



24

Standwaage



25

Vorwärtsrolle