|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Nr.** | **Zeit in Minuten** | **Übungen** | **Lernziel** | **Gesamt-zeit** | **Gesamt-strecke** | **Hilfsmittel** |
| 1. | 1’ | Begrüßung |  | 1’ | 0 m |  |
| 2. | ’ |  |  | ’ |  |  |
| 3. | ’ |  |  |  |  |  |
| 4. | ’ |  |  |  |  |  |
| 5. | ’ |  |  |  |  |  |
| 6. | ’ |  |  |  |  |  |
| 7. | ’ |  |  |  |  |  |
| 8. | ’ |  |  |  |  |  |
| 9. | ’ |  |  |  |  |  |
| 10. | ’ |  |  |  |  |  |
| 11. | ’ |  |  |  |  |  |
| 12. | ’ |  |  |  |  |  |
| 13. | ’ |  |  |  |  |  |
| 14. | 1’ | Abschluß |  | 45’ |  |  |