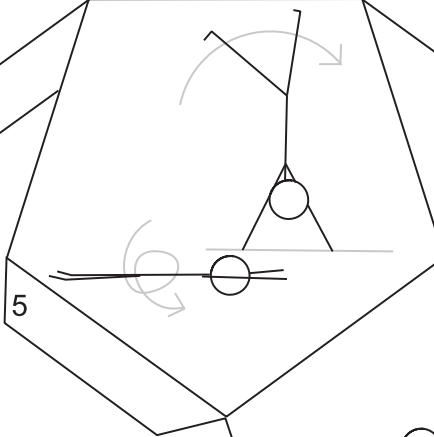
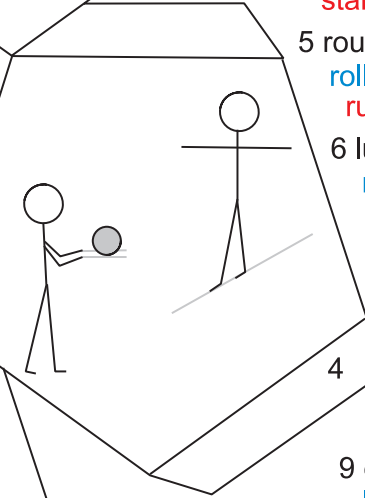
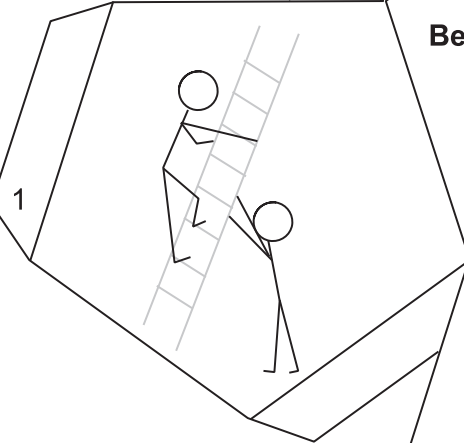
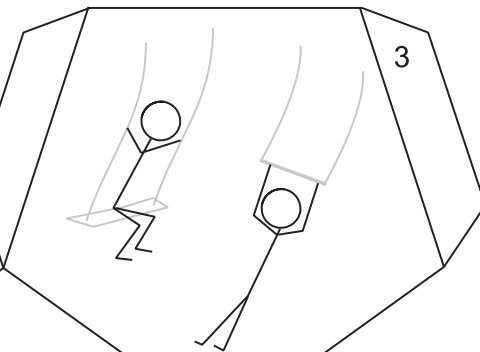
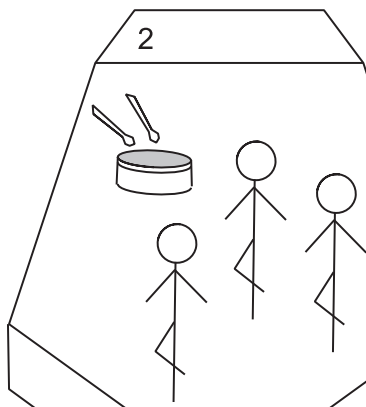


**Bewegungsgrundformen
im J+S Kindersport
2023**



1 grimper - prendre appui
klettern - stützen
arrampicarsi - stare sospesi

2 dancer - rythmer
rythmisieren - tanzen
muiversi a ritmo - danzare

3 balancer - s'élancer
schauckeln - schwingen
oscillare - dondolare

4 se tenir en équilibre
balancieren
stare in equilibrio

5 rouler - tourner
rollen - drehen
ruotare - rotolare

6 lutter - se bagarrer
ringen - raufen
lottare - azzuffarsi

7 lancer - attraper
werfen - fangen
lanciare - ricevere

8 glisser - déraper
rutschen - gleiten
scivolare - slittare

9 courir - sauter
laufen - springen
correre - saltare

10 (2x) autres formes,
rituel et calmer
(2x) weitere Formen,
Rituale und beruhigen
(2x) altre forme,
rituali e calmare

