



Anzahl	Material	Anzahl	Material
4	Cones	3	Gymnastics mats
4	Skipping ropes	2	Small boxes
1	Asymmetric bars	2	Medicine balls
1	Bar (by a Horizontal bar)	2	Landing mats

Stage	Object of exercise	Explanation
Start		Participants pass through the course individually, progressing from start to finish.
1 (2)	Jumping power	Jump with both legs from standing over ropes arranged in a square formation (side length approx. 60cm): jump forwards and then immediately back again, then to the left and then to the right, and finally diagonally forwards. Alternatively: Perform the entire exercise on one leg.
2	Coordination	Perform one forward roll and one backward roll over gymnastics mats. Then perform a turn about the body's longitudinal axis.
3	Coordination	Run around the boxes in a figure-8 formation (at a distance of approx. 2m): first crawl beneath the horizontal bar between the boxes and then run back, jumping over the bar.
4 (2)	Coordination	Roll a medicine ball around the cones with the hands to the end of the slalom and back.
5*	Coordination	Crawl beneath the first bar of the sideways asymmetric bars, and climb over the second one.

* = critical exercise (constant supervision required)

() = the number of apparatus assemblies recommended to avoid waiting times