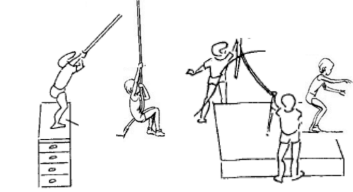
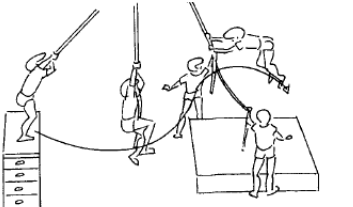
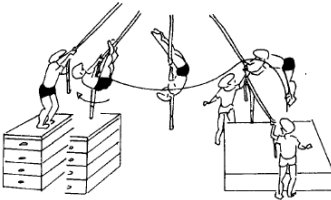
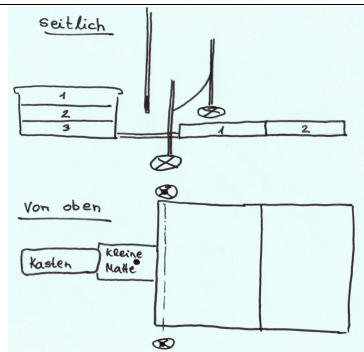


# M5 – Stationen zur Flugphase

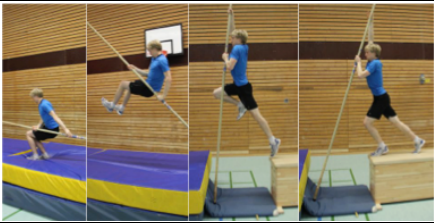
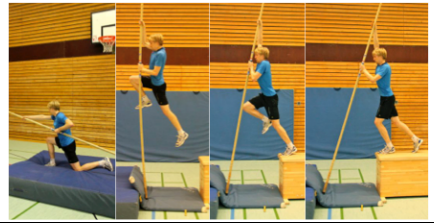
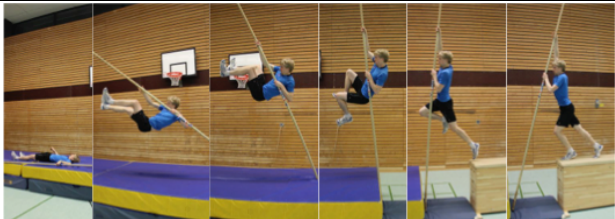
## 1 - Tauspringen vom Kasten

| Level | Aufgabe  |
|-------|--|
| 1     |   |
| 2     |   |
| 3     |  |

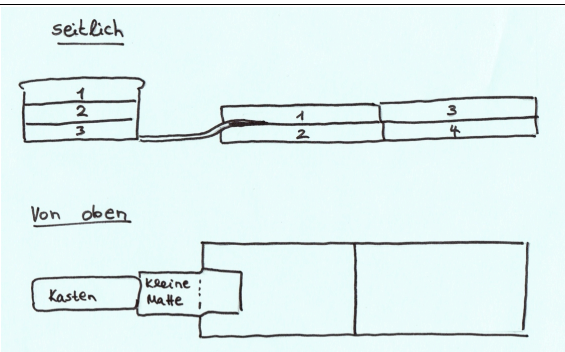
**Aufbau**



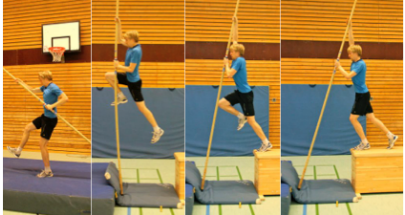
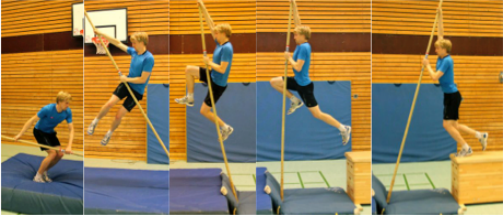

## 2 - Stabweitsprung

| Level | Aufgabe  |
|-------|--|
| 1     |   |
| 2     |   |
| 3     |  |

**Aufbau**



### 3 - Stabspringen mit halber Drehung

| Level | Aufgabe  |
|-------|--|
| 1     |   |
| 2     |   |
| 3     |  |

#### Aufbau

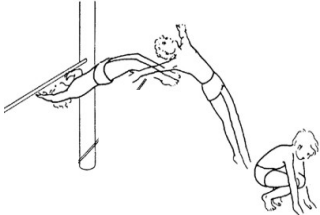
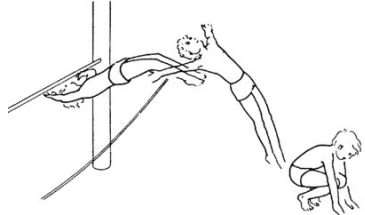

Seitlich



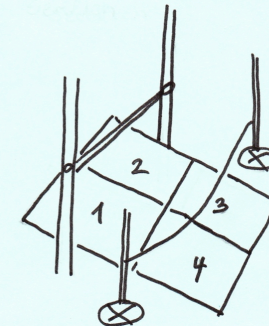
Von oben



### 4 - Reck mit halber Drehung

| Level | Aufgabe   |
|-------|---|
| 1     |  |
| 2     |  |
| 3     |  |

#### Aufbau



#### Abbildungen

Station 1: Katzenbogner, H., & Medler, M. (2009). *Spielleichtathletik. Teil 2: Springen und Wettkämpfen* (11. Aufl.). Flensburg: CM-Verlag.  
 Station 4: Fuchser, I. (2005). *Einführen ins Stabspringen*. Bern: Berner Leichtathletik-Verband.