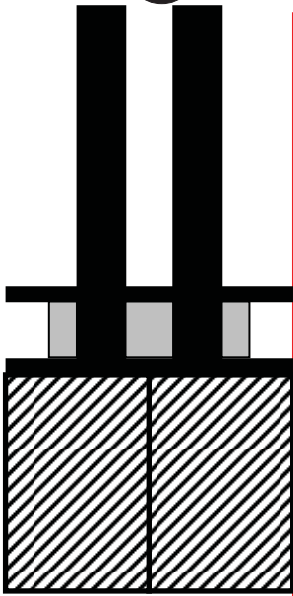


Ostpol-Sporttest / 12 Minuten Hindernis-Parcours

Start

Hochlaufen & Runterspringen

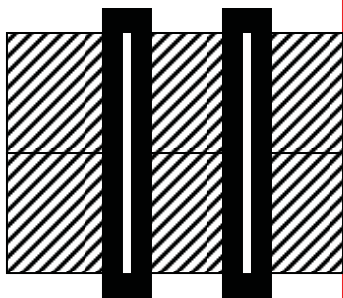
①



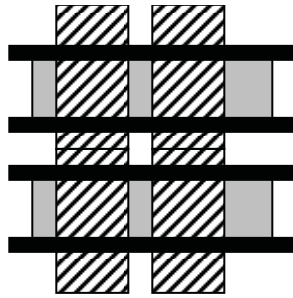
- 1. Holm zu unterst
- 2. Holm 12 Stufe/Rille

Balancieren

②



Holm ca. 3 Stufe/Rille

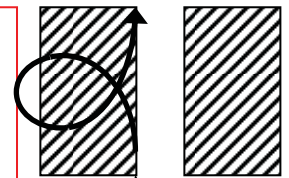


⑩

Barren Stützeln

Rolle rückwärts

⑨



Um Malstab & rückwärts laufen

⑧

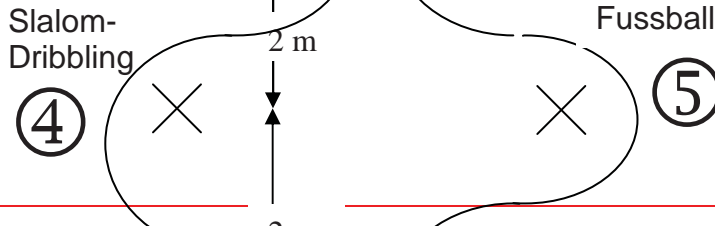


Slalom-Dribbling

④

Slalom-Fussball

⑤



Volleyballfeld

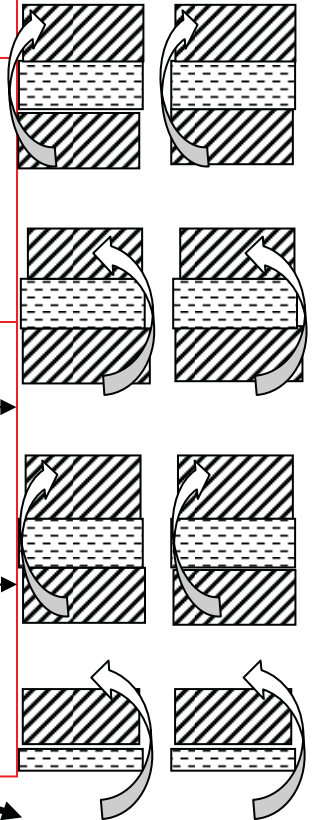
unten

oben

unten

oben

⑦



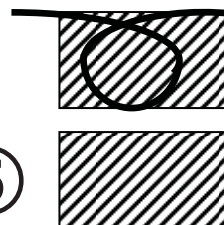
Ball fangen

Ball versorgen

③



⑥



Rolle vorwärts