



Einführung der Hochsprungtechnik Flop in der Klassenstufe 8 (German Edition)

Florian Schwarze

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Unterrichtsentwurf aus dem Jahr 2009 im Fachbereich Sport - Sportpädagogik, Didaktik, Note: 1,3,
Universität Koblenz-Landau (Sportwissenschaft), Sprache: Deutsch, Abstract: Meine geplante
Unterrichtsstunde „Einführung des Hochsprungs - Flop“ gehört thematisch in den Lehrplan der Realschule
für die Klasse 8 in den Sportbereich 1 „Individualsportarten - Leichtathletik“ für die insgesamt 32 Stunden
vorgesehen sind. In dieser Einheit sollen die Schüler den Flop als Hochsprung-Technik kennen lernen. Dabei
sollen sie die drei Phasen Anlauf, Absprung und Landung erlernen, sowohl in einzelnen Teilschritten als
auch im Zusammenspiel und in Abstimmung miteinander. Die Schüler sollen zu einer individuellen
Ausprägung ihres Sprungstils gelangen.

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