**Handkarte zum Schwimmunterricht für Gruppe:**

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| --- | --- | --- |
| Schuljahr ………………………………………… Schule ……………………../ Klasse ………… Schwimmzeit ………………………………….. Klassenlehrer ………………………………….. Begleitung ………………………………………. Schwimmlehrer………………………………. | Anwesenheit• = anwesend I/K = fehlendE = nicht im Wasser | **Atteste / Bemerkungen** |
|  |  |
|  |  |
|  |  |
| 01 = Tauchen02 = Gleiten03 = Sprung ins tiefe Wasser mit orientieren 04 = Eintauchen kopfwärtsB1/B2 = Basisstufe 1 und 2S1/S2 = Sicheres Schwimmen, Stufe 1 und 2 |  |  |
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|  |  |
|  |  |
| **Monat** |  |
| **Name** | **Vorname** | **AL** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **1** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **2** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **3** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **4** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **5** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **6** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **7** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **8** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **9** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **10** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **11** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **12** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **13** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **14** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **15** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **16** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **17** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **18** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **19** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **20** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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**Behandelter Stoff**

Handkarte Schwimmen 2

zvv\_04\_07\_026 08/2019

Seite 2

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| 20 | 19 | 18 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 10 | 9 | 8 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 01 Flachwasser |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 01 Tiefwasser |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 02 Gleiten |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 03 Fußsprung |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 04 Kopfsprung |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 25 m Schwimmen |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | B1: Sprung + 100 m |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | B2: Herausklettern |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | S1: Sprung + 15 min.(mind. 200 m) |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | S2: 04 + 100 m (mind. 3:30 min.)+ 100 m zweite Schwimmart |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Ausdauerschwimmen |
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