

Erasmus+ "Health is wealth" Classroom Fitness

Here are some example moves that you can do with the help of a ball.

Bälle

Andi und Vincent
ANDI UND VINCENT



Jumping ball

You throw the ball into the air 20 times and catch it



Liegende 8

make an infinity sign
10 seconds



Kopf über

You throw the ball 20 times
over you head and catch it in
front of you



The ball around the foot

Circle the ball 10 times around your leg



Bälle

Group Anna, Rebekka, Dania

First move

Pass the ball to your friend using only feet when you are sitting. Use both of your feet. Don't drop the ball



Second move: The hot potato

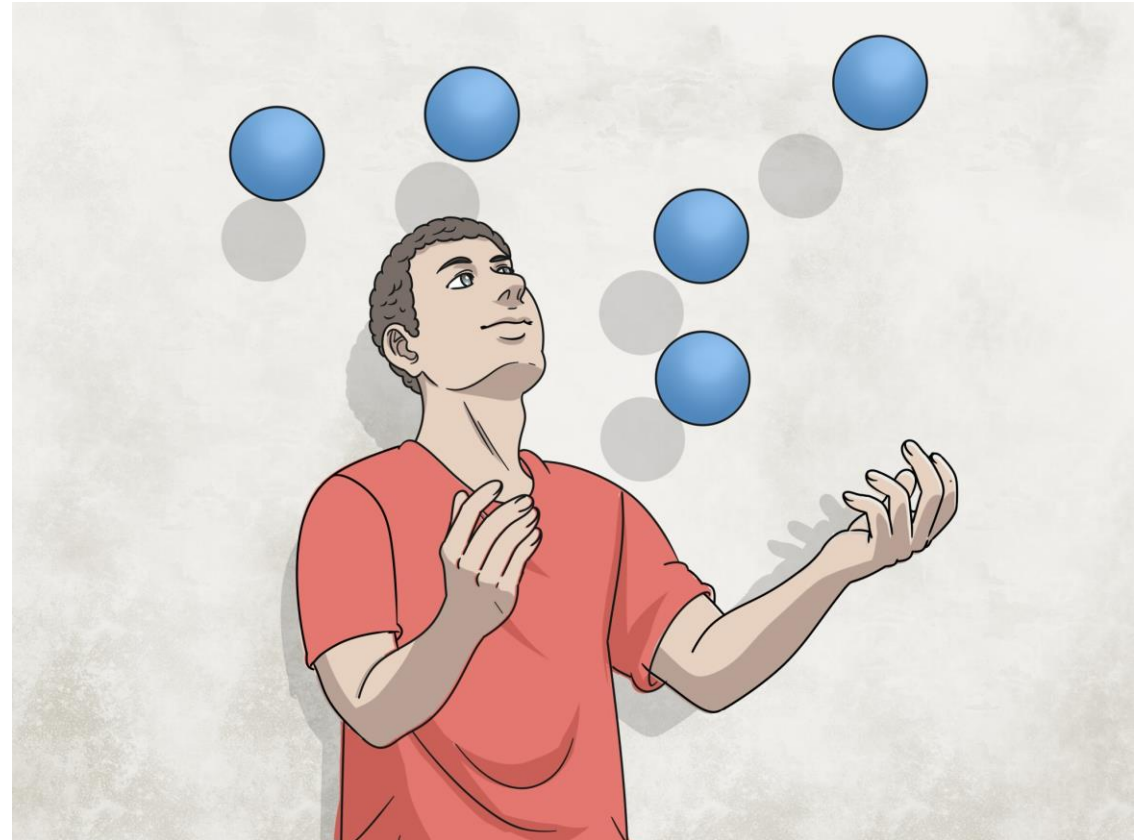
Many people. One ball.

The ball is hot so you have to pass it to the next person without dropping it. You will be sitting in a circle and throwing the ball to each other. If you want it to be harder you can stand on one foot.



Third move

Juggling. Start with two balls.
If it is too easy add more balls



Fourth move

Throw the ball and clap your hands, before it comes down.



Fifth move

Hold the ball between your feet and raise your feet. The heavier the ball is, the more difficult the task is.



Sixth move

Drop the ball between your feet and try to catch it with your knees





Thank you for watching