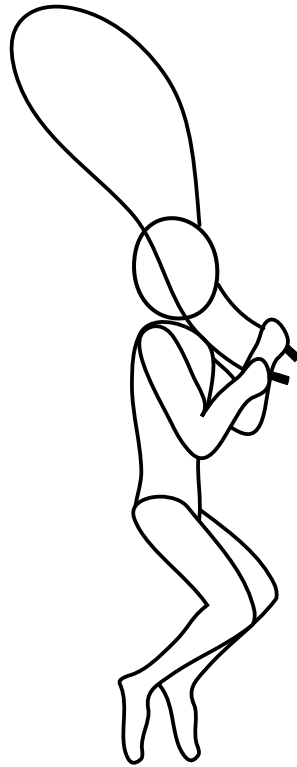
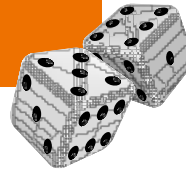


OPDRACHT

1

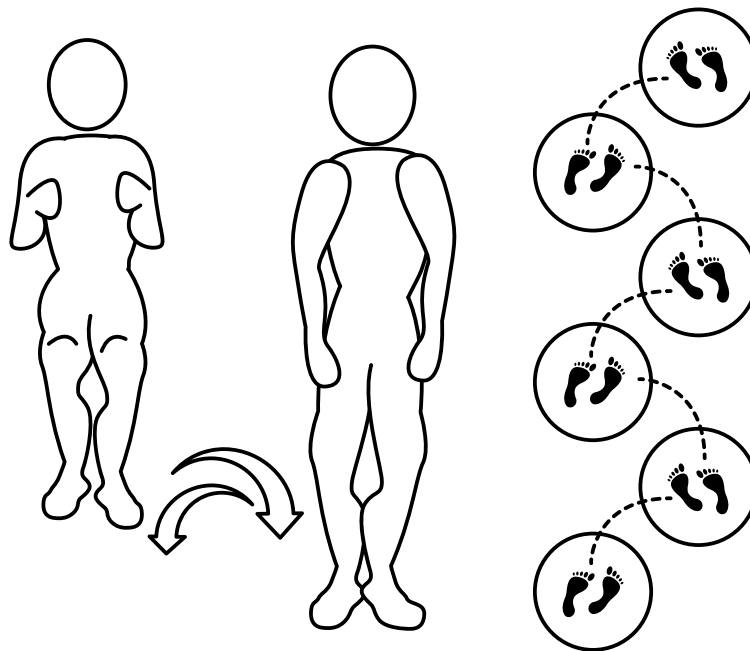
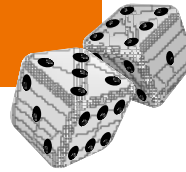


TOUWTJE SPRINGEN

50 sprongen per leerling

OPDRACHT

2

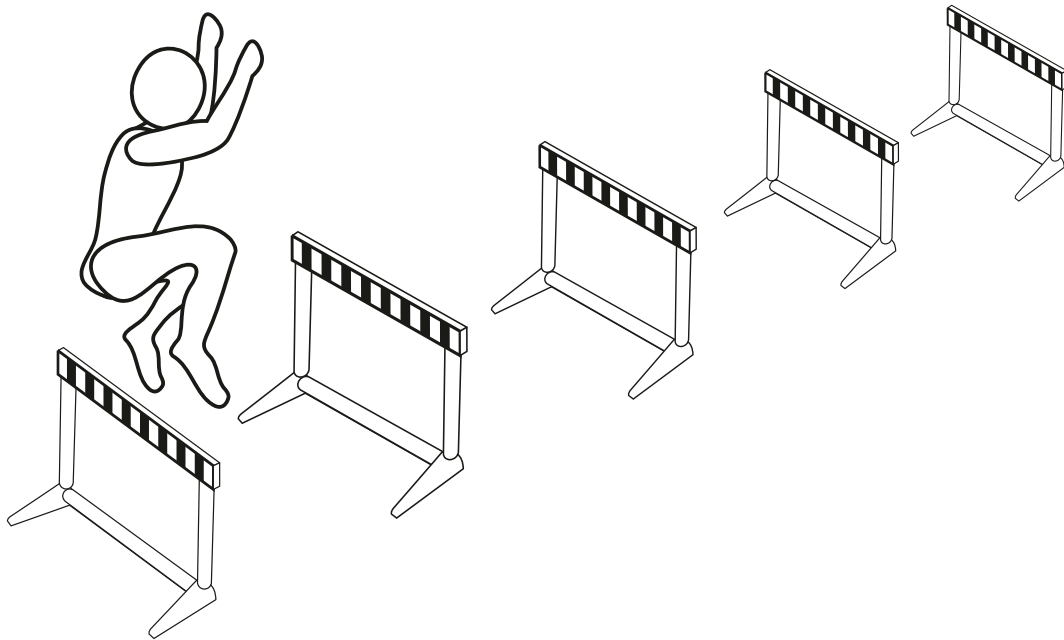
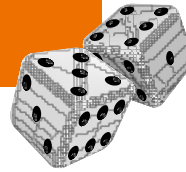


TWEE-BENIGE KAATSSPRONGEN

- 3 series
- van hoepel in hoepel springen
 - zijwaarts springen

OPDRACHT

3

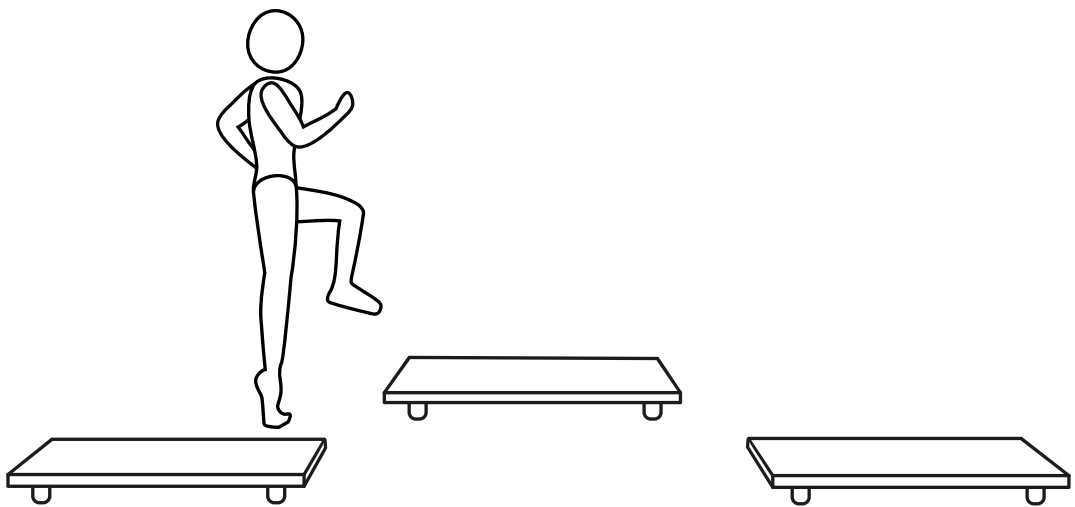
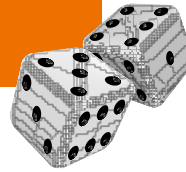


TWEE-BENIGE KAATSSPRONGEN

- 3 series
- kaats met gestrekte benen tussen de horden
 - 1x kaatsen tussen elke horde
 - trek je benen op bij elke sprong

OPDRACHT

4

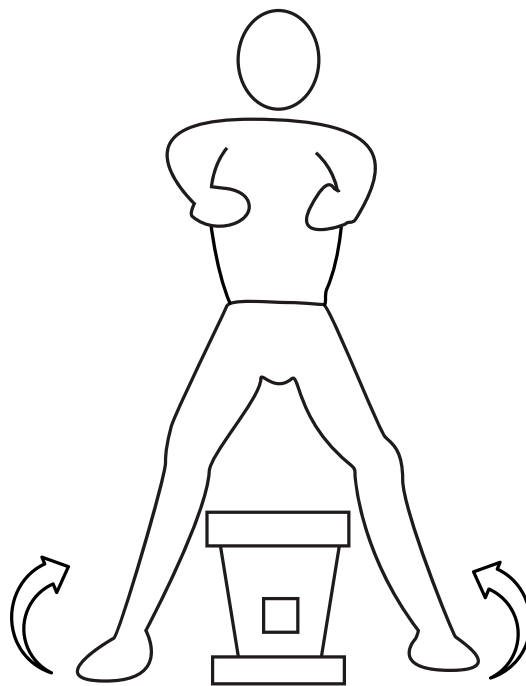
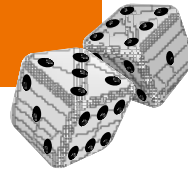


ZIG-ZAG-LOOP-SPRONG

- 3 series
- maak een loopsprong van bank op bank en terug dribbelen
(één kant op springen)
- let op de juiste uitvoering

OPDRACHT

5

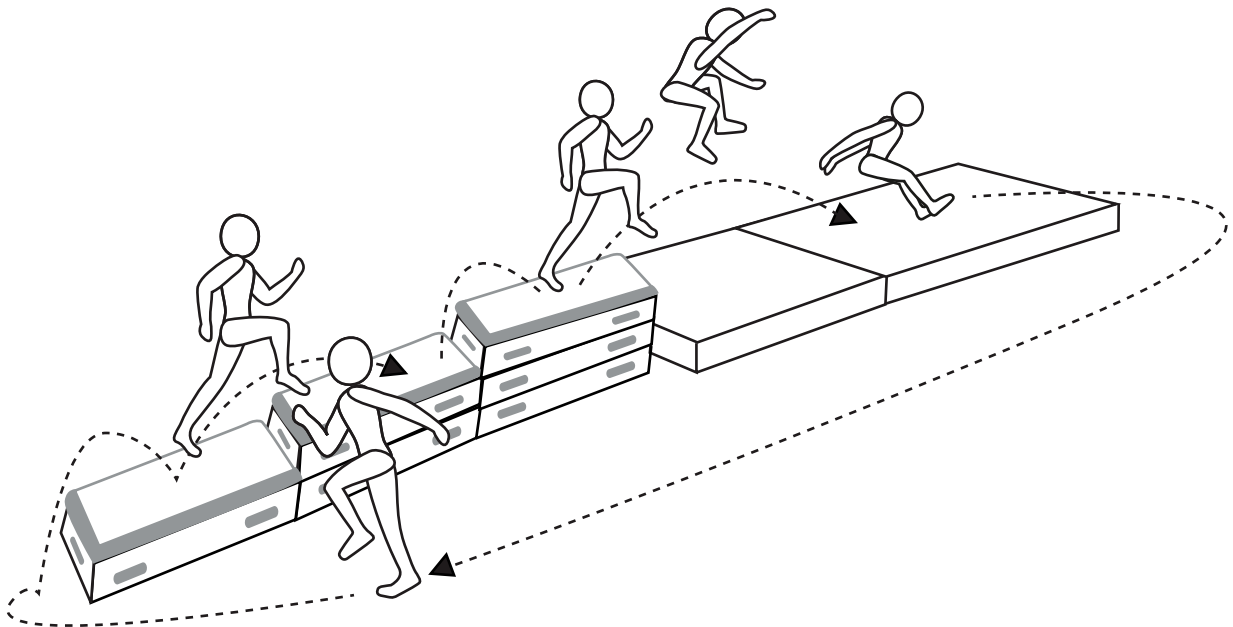
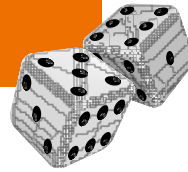


JUMPING-JACKS

- Spreid-sluitsprong
- 20 keer springen per persoon op de bank

OPDRACHT

6



ETAGE-SPRINGEN

- vanuit twee pas aanloop en één benige afzet
- landen op twee voeten en lichaamsgewicht goed opvangen
- drie keer springen