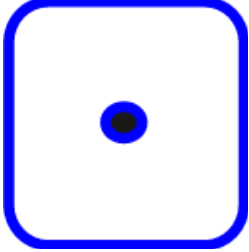

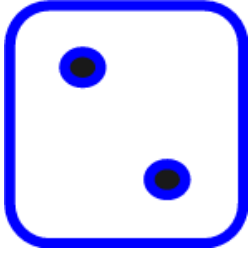
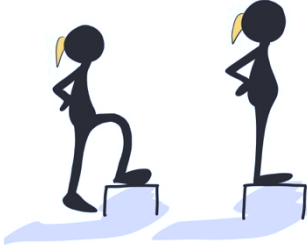


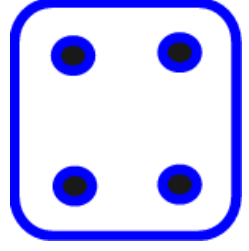






# Übungen für eine Bewegungspause

	<p>Hampelmann</p> 
	<p>Hochsteigen</p> 
	<p>Schnelle Schritte</p> 
	<p>Kniebeuge</p> 
	<p>Seilspringen</p> 
	<p>Wandsitzen</p> 