

Joker



Joker

Jolly

*schule bewegt
l'école bouge
scuola in movimento*



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Bundesamt für Sport BASPO
Office fédéral du sport OFSPO
Ufficio federale dello sport UFSP

Ausdauer

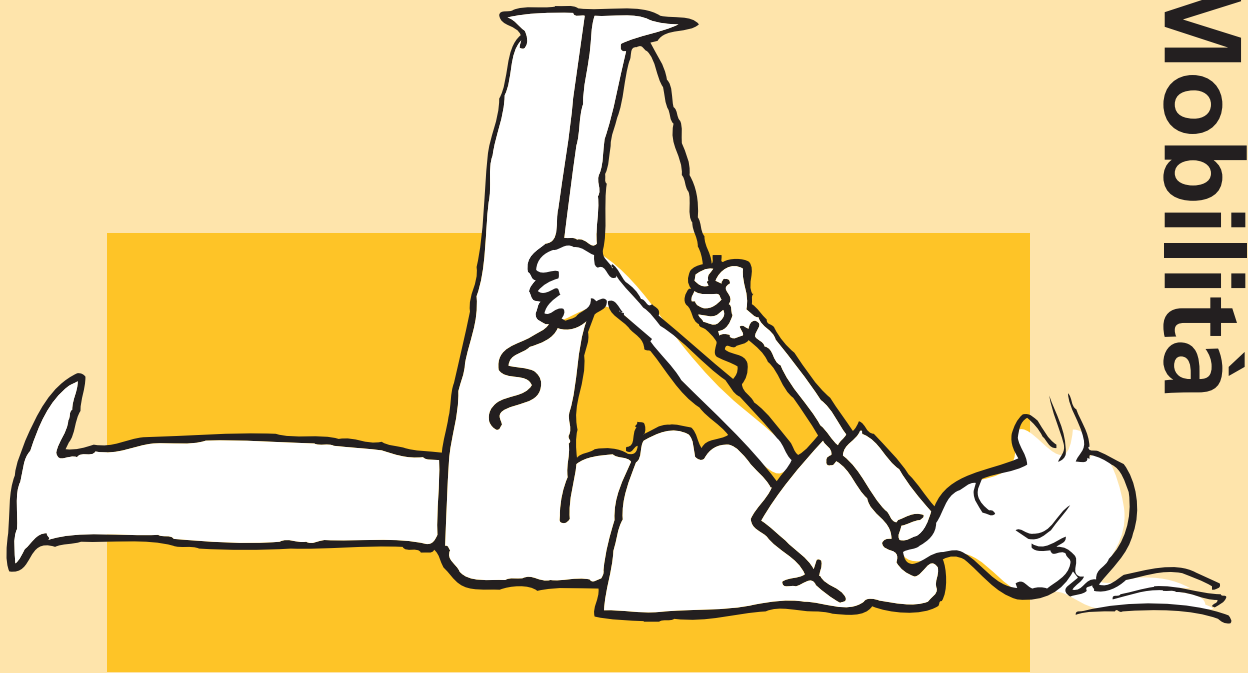
Endurance



Resistenza

Beweglichkeit

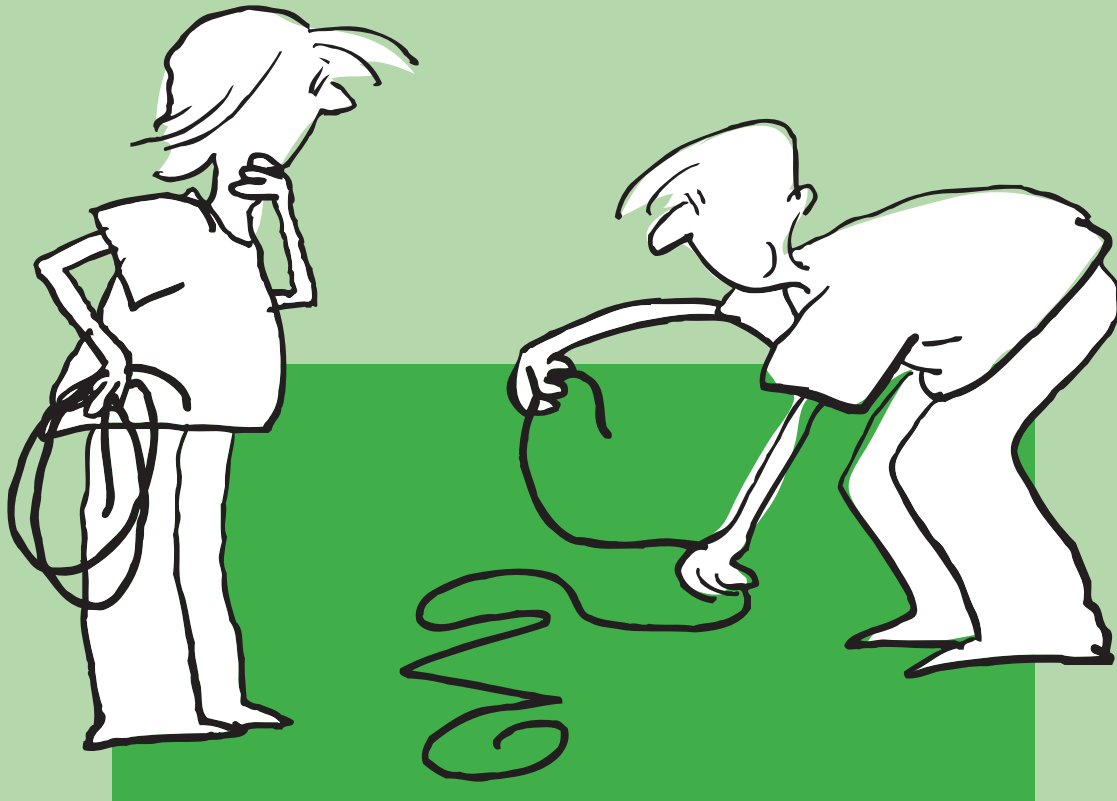
Souplesse



Mobilità

Geschicklichkeit

Habileté



Abilitàà

Knochen stärken

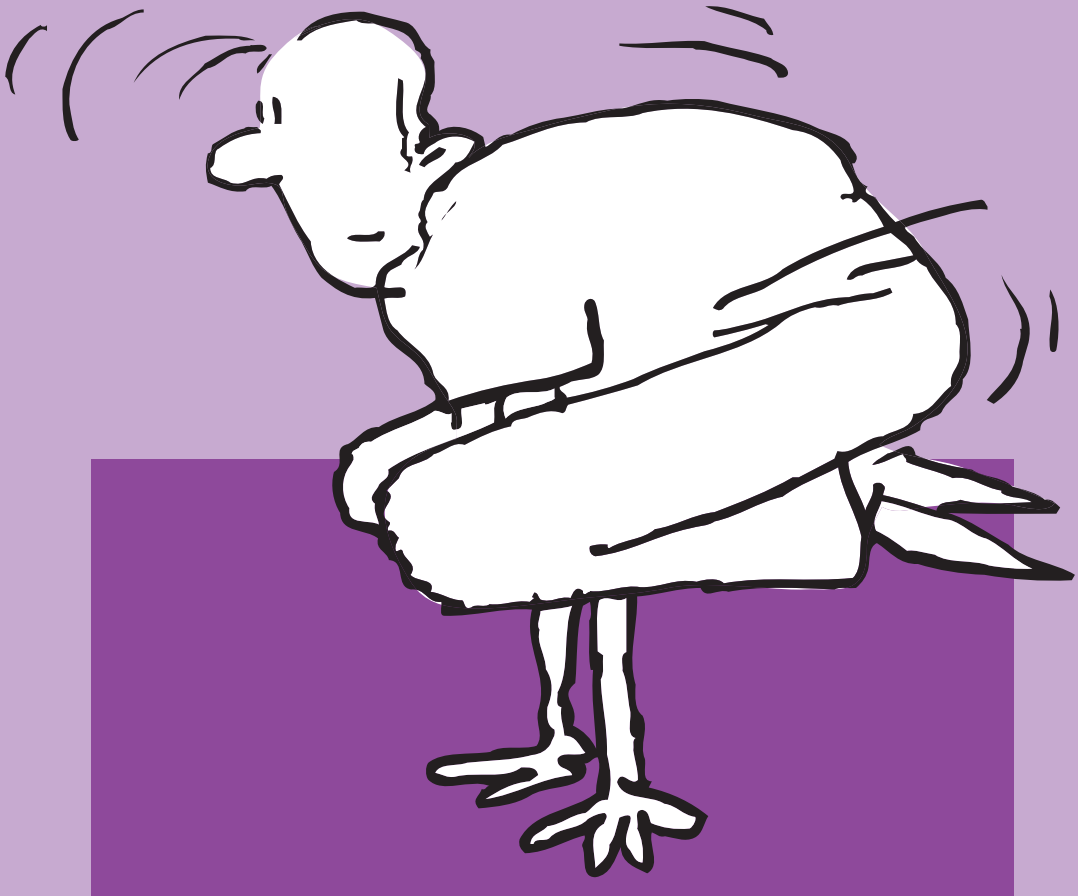
Consolidare le ossa



Rafforzare le ossa

Muskeln kräftigen

Renforcer les muscles



Rafforzare i muscoli