**Beurteilungsblatt Handstand – Klasse**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name | **Schwierigkeitsstufe** | | | **Aufschwingen zum Handstand** | | | | **Handstand in der I-Pose** | | | | **Absenken aus dem Handstand** | | | | **Übungsverbindung** | | | | **Gruppendynamik** | | | | Anzahl Punkte | Note |
| 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 | 1 | 2 | 3 | 0 | 1 | 2 | 3 |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Bemerkung:** Mit allen Handstandvarianten der drei Schwierigkeitsstufen kann die Höchstnote 6 erreicht werden. Werden die Varianten der Schwierigkeitsstufe 1 gezeigt, so müssen die Schülerinnen und Schüler bei allen Kriterien 3 Punkte erzielen um die Note 6 noch zu erlangen.

Total Punkte:\_\_\_\_\_\_ Note:\_\_\_\_\_\_

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Note | 6 | 5.5 | 5 | 4.5 | 4 | 3.5 | 3 |
| Punkte | 18, 17, 16 | 15, 14 | 13, 12 | 11, 10 | 9, 8 | 7, 6 | < 6 |

**Notenskala:**