

*Nachname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Vorname: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*Geburtsdatum:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Alter, das im Kalenderjahr erreicht wird: \_\_\_\_\_\_\_\_Jahre Jahr der Prüfung: 20\_\_\_\_\_\_ Anzahl der Prüfungen:\_\_\_\_\_\_*

*Anschrift:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mail/Tel.:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Übung | | Meine zu erbringenden Leistungen Bronze / Silber / Gold | Datum | Wert | Datum | Wert | Datum | Wert | Datum | Wert | Datum | Wert | Datum | Wert | Datum | Wert |
| Ausdauer | Laufen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 10 km Lauf |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dauer- / Geländelauf |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 7,5 km Walking / Nordic Walking |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schwimmen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Radfahren |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kraft | Schlagball / Wurfball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Medizinball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Kugelstoßen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Steinstoßen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Standweitsprung |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schnelligkeit | Laufen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schwimmen |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Radfahren |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Koordination | Hochsprung |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Weitsprung |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Zonenweitsprung Punkte |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Zonenweitwurf Punkte |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Schleuderball |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Seilspringen Übung: |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

**Schwimmfähigkeit geprüft:**