ERSTELLT VON
Hesi07

ON
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★ ★ ★ ★ ★
Keine Stimmen

Der Gruss



Hier findest du eine dynamische Händeklatsch-Übung, welche Kooperation verlangt und das Gruppengefühl stärkt.

Implementation

- Two lines are formed, whereby everyone must have a partner to face.
- The movements described below are introduced step by step for rehearsal.
- The two partners facing each other alternately bring the palms of their right and left hands together (as when clapping). The entire movement sequence is based on bringing the same hands together (i.e. the right or left hand of each partner).
- During rehearsal, a change of partner should be made after each movement sequence in order to adjust to a new person. To do this, the first person in one row moves to the last position.
- The exercise is about coordination and also about creating a consistent rhythm in the movement sequence.
- Once the movement sequence has been rehearsed, the group can be given the task of finding the same rhythm as a group.

The movement sequence:

- Start with the palm of the right hand, which is brought together at the height of the upper body.
- The same height is followed by clapping with the palm of the left hand.
- Right palm at knee height
- Left palm at knee height
- Right palm again at the height of the upper body
- Now turn the right palm 180° inwards
- Bring the right hand back and now bring the outside of the hand (!) together.
- Repeat steps 5 to 7 with the left hand.
- Now gently tap the inside of the right foot together.
- With a hop, change your standing leg and perform the same movement with the inside of your left foot.
- Now each partner claps their hands together twice.
- Finally, the arms are raised upwards and a previously agreed greeting is called out.
- The movement sequence then starts again seamlessly.

Proof of source

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