

Inline-Skating



Inline-Skating bietet viele Möglichkeiten, den Sportunterricht mit Spiel und Spass attraktiv zu gestalten.

Curve runs, pirouettes, jumps, trick riding and inline hockey make inline skating an extremely interesting and varied lesson content. Coordinated skills are addressed and improved, the condition can be promoted in a joint-friendly way.

Important

- Tape light-reflective strips to the skates at the back and front. At night, carry a white light shining to the front and a red light shining to the back that can be easily seen. This can be attached to the clothing.
- Only ride on traffic-free squares, on sidewalks, pedestrian and bicycle paths.
- Ride on side streets with low traffic volume only if there is a lack of sidewalks, as well as pedestrian and bicycle paths along the road.
- Respect the signal "prohibition for vehicle-like devices" and respect the "prohibition for pedestrians"
- Brakes and "crumple zone" are an important part of accident prevention! Make sure elbow and knee pads are stocked.



Pictures related to: basics, riding, curves, crashing, braking, technique, row pictures

10' Schonerrafete mit Hindernissen (mit Turmschnee)
 Du läufst zwischen Start und Ausstiegsgerüst hin und her. Jedes Mal, wenn du das Depot erreichst, ziehst du ein Paar Schoner (Knie, Hand, Ellbogen, Hüfte) an. Du läufst zurück zum Start, kniest unter dem gegipfelten Beinen deiner Gruppe durch und klatscht den nächsten Läufer ab. Bis du das nächste Mal an der Reihe bist, kannst du kontrollieren.

10' Ausrüstung kontrollieren, Inline-Skates anziehen
 → Ziel: Kontrolle Hüft, Ellbogen, Hand, Knie, Schenkel.

15' Einführung Positionen im Stand
 1. Die Lehrperson zeigt die Ready-Position vor.
 2. In der Ready-Position hoch- und tiefgehen.
 3. In der Ready-Position Augen schliessen.
 4. Einführung A- und V-Position: Der Körper ist in der Ready-Position, die Lehrperson zeigt vor, ihr macht nach.
 5. Einführung Schenkelposition: Die Lehrperson zeigt vor, ihr macht nach.
 6. Ziel: Stabile Grundstellung erarbeiten.

Positionen im langsamen Fahren
 1. Zu zweit A stoss B in Ready-Position.
 2. Tatzelrunde.
 3. Seitwärts kippen (gegen Partner, Wand).
 4. Auf vordere Rolle kippen.
 5. Drehen.
 6. Zu zweit Rücken gegen Rücken, Abstand 1m: Oberkörper drehen und in die Hände klatschen.
 7. Ziel: Sicherheit in den Grundpositionen erlangen.

15' Anwendung:
 bewegt sich mittels Stützlinie anstehen, wird es zum Kopf.
 → Ziel: Sperrbereich vermeiden.

Zeit Hauptteil
30' Stützen
 1. Fangen und Erlösen
 2. Sturz Erdform
 3. Technik-Aufbaureihe
 4. Wer rutscht am weitesten?
 5. Wer gleitet am weitesten?
 6. Rollen im Ready-Position
 7. Rollen im Ready-Position
 8. Wer rutscht am weitesten?
 9. Wer gleitet am weitesten?
 10. Wer rutscht am weitesten?
 11. Wer gleitet am weitesten?

Arbeitsblatt 4
 Bemerkung: Versammelt euch im Kreis um die Lehrperson.

Zeit Hauptteil
5' Skateschritt
 Skateschritt 1 Gehen
 1. V-Position.
 2. Fuss mit Stöpper belasten.
 3. Unbelasteten Fuss nach vorne nehmen und vor der
 4. Wiederholung von Punkt 3.
 5. Skateschritt 2 Rollen
 1. V-Position.
 2. Fuss mit Stöpper belasten.
 3. Abtoss setzen über alle Rollen, die Schuh mit Stöpper gleiten in Fahrtrichtung.
 4. Der Abtossfuss halb-
 5' Skateschritt 3 Gleiten
 1. V-Position.
 2. Fuss mit Stöpper belasten.
 3. Abtoss setzen über alle Rollen, die Schuh mit Stöpper gleiten in Fahrtrichtung.
 4. Der Abtossfuss halb-
 10' Endform üben
 1. Ready-Position.
 2. Schenkelposition.
 3. V-Position.
 4. A-Position.
 5. Schenkelposition.
 6. V-Position.
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 815. Schenkelposition.
 816. V-Position.
 817. A-Position.
 818. Schenkelposition.
 819. V-Position.
 820. A-Position.
 821. Schenkelposition.
 822. V-Position.
 823. A-Position.
 824. Schenkelposition.
 825. V-Position.
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 840. V-Position.
 841. A-Position.
 842. Schenkelposition.
 843. V-Position.
 844. A-Position.
 845. Schenkelposition.
 846. V-Position.
 847. A-Position.
 848. Schenkelposition.
 849. V-Position.
 850. A-Position.
 851. Schenkel

The Safety Tool was developed as part of Reto and Rainer Langenegger's gymnastics teacher diploma thesis in collaboration with Jugend+Sport

see also: SISA Switzerland. Inline skating binding www.inlineinstruktoren.ch