

**Fitnessnote: Notentabelle Jungen Unterstufe**

|  |      |      |              |                        |                                |                    | Noten |      |      |
|--|------|------|--------------|------------------------|--------------------------------|--------------------|-------|------|------|
| Standhochsprung  |      |      | Liegestützen |                        | Seil                           | Jongl.             | KI 5  | KI 6 | KI 7 |
| A.d. Stand springen, o. Anlauf.<br>Höhe Fingerspitzen (cm) |      |      | a.d. Boden   | gegen Klein-<br>kasten | Sprünge<br>a.d. Fuß-<br>gelenk | 3 Tennis-<br>bälle |       |      |      |
| KI 5   | KI 6 | KI 7 | Anzahl       | Anzahl                 | Wdh/30                         | sec                |       |      |      |
|  |      | 45   | 30           |                        | 70                             | 20                 |       |      | 1    |
|  | 41   | 44   | 27           |                        | 65                             | 18                 |       | 1    | 1,25 |
| 39   | 40   | 42   | 24           |                        | 60                             | 16                 | 1     | 1,25 | 1,5  |
| 37   | 39   | 40   | 21           |                        | 55                             | 14                 | 1,25  | 1,5  | 1,75 |
| 36   | 37   | 39   | 18           |                        | 50                             | 12                 | 1,5   | 1,75 | 2    |
| 35   | 36   | 37   | 15           |                        | 47                             | 10                 | 1,75  | 2    | 2,25 |
| 33   | 34   | 36   | 12           |                        | 44                             | 8                  | 2     | 2,25 | 2,5  |
| 31   | 32   | 35   | 10           |                        | 41                             | 6                  | 2,25  | 2,5  | 2,75 |
| 30   | 31   | 32   | 8            |                        | 39                             | 4                  | 2,5   | 2,75 | 3    |
| 29   | 29   | 31   | 6            |                        | 37                             | 2                  | 2,75  | 3    | 3,25 |
| 26   | 28   | 29   | 5            |                        | 35                             | 1 Wechsel          | 3     | 3,25 | 3,5  |
| 25   | 27   | 28   | 3            |                        | 33                             | 3 Bällen           | 3,25  | 3,5  | 3,75 |
| 24   | 26   | 27   | 2            |                        | 29                             |                    | 3,5   | 3,75 | 4    |
| 23   | 25   | 25   | 1            |                        | 27                             |                    | 3,75  | 4    | 4,25 |
| 22   | 23   | 23   |              | 7                      | 25                             | 1/2 Wechsel        | 4     | 4,25 | 4,5  |
| 21   | 22   | 22   |              | 5                      | 23                             | 3 Bällen           | 4,25  | 4,5  | 5    |
| 20   | 21   | 21   |              | 3                      | 21                             |                    | 4,5   | 5    | 5,5  |
| 19   | 20   | 20   |              | 2                      | 19                             | 1/4 Wechsel        | 5     | 5,5  | 6    |
| 18   | 17   |      |              | 1                      | 18                             | 3 Bällen           | 5,5   | 6    |      |
| 17   |      |      |              | 0                      | 17                             |                    | 6     |      |      |

**Fitnessnote: Notentabelle Mädchen Unterstufe**

|  |      |      |              |                        |                                |                    | Noten |      |      |
|--|------|------|--------------|------------------------|--------------------------------|--------------------|-------|------|------|
| Standhochsprung  |      |      | Liegestützen |                        | Seil                           | Jongl.             | KI 5  | KI 6 | KI 7 |
| A.d. Stand springen, o. Anlauf.<br>Höhe Fingerspitzen (cm) |      |      | a.d. Boden   | gegen Klein-<br>kasten | Sprünge<br>a.d. Fuß-<br>gelenk | 3 Tennis-<br>bälle |       |      |      |
| KI 5   | KI 6 | KI 7 | Anzahl       | Anzahl                 | Wdh/30                         | sec                |       |      |      |
|  |      | 44   | 20           |                        | 70                             | 20                 |       |      | 1    |
|  | 42   | 42   | 18           |                        | 65                             | 18                 |       | 1    | 1,25 |
| 35   | 40   | 40   | 16           |                        | 60                             | 16                 | 1     | 1,25 | 1,5  |
| 34   | 38   | 38   | 14           |                        | 55                             | 14                 | 1,25  | 1,5  | 1,75 |
| 33   | 35   | 36   | 12           |                        | 50                             | 12                 | 1,5   | 1,75 | 2    |
| 31   | 33   | 34   | 10           |                        | 47                             | 10                 | 1,75  | 2    | 2,25 |
| 30   | 31   | 32   | 8            |                        | 44                             | 8                  | 2     | 2,25 | 2,5  |
| 29   | 30   | 30   | 6            |                        | 41                             | 6                  | 2,25  | 2,5  | 2,75 |
| 28   | 28   | 29   | 4            |                        | 39                             | 4                  | 2,5   | 2,75 | 3    |
| 26   | 27   | 27   | 3            |                        | 37                             | 2                  | 2,75  | 3    | 3,25 |
| 25   | 26   | 26   | 2            |                        | 35                             | 1 Wechsel          | 3     | 3,25 | 3,5  |
| 23   | 25   | 24   | 1            |                        | 33                             | 3 Bällen           | 3,25  | 3,5  | 3,75 |
| 22   | 23   | 23   |              | 7                      | 29                             |                    | 3,5   | 3,75 | 4    |
| 20   | 22   | 21   |              | 6                      | 27                             |                    | 3,75  | 4    | 4,25 |
| 19   | 21   | 20   |              | 5                      | 25                             | 1/2 Wechsel        | 4     | 4,25 | 4,5  |
| 17   | 20   | 18   |              | 4                      | 23                             | 3 Bällen           | 4,25  | 4,5  | 5    |
| 15   | 17   | 17   |              | 3                      | 21                             |                    | 4,5   | 5    | 5,5  |
| 13   | 16   | 16   |              | 2                      | 19                             | 1/4 Wechsel        | 5     | 5,5  | 6    |
| 12   | 15   |      |              | 1                      | 18                             | 3 Bällen           | 5,5   | 6    |      |
| 11   |      |      |              | 0                      | 17                             |                    | 6     |      |      |