**Sporthausaufgabe Bewertung**

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| --- | --- | --- | --- | --- | --- |
|  | Note | Klasse 5 | Klasse 6 | Klasse 7 | Klasse 8 |
| Zeit-raum |  | Bis Oktober | Bis Weih-nachten | Bis Juni | Bis Okto-ber | Bis Weih-nachten | Bis Juni | Bis Okto-ber | Bis Weih-nachten | Bis Juni | Bis Okto-ber | Bis Weih-nachten | BisJuni |
| Liege-stütz | 1 | 15 | 18 | 21 | 18 | 21 | 24 | 21 | 24 | 27 | 24 | 27 | 30 |
| 2 | 12 | 15 | 18 | 15 | 18 | 21 | 18 | 21 | 24 | 21 | 24 | 27 |
| 3 | 9 | 12 | 15 | 12 | 15 | 18 | 15 | 18 | 21 | 18 | 21 | 24 |
| 4 | 6 | 9 | 12 | 9 | 12 | 15 | 12 | 15 | 18 | 15 | 18 | 21 |
| Unter-arm-stütz | 1 | 30 sec | 35 sec | 40 sec | 35 sec | 40 sec | 45 sec | 40 sec | 45 sec | 50 sec | 45 sec | 50 sec | 55 sec |
| 2 | 25 sec | 30 sec | 35 sec | 30 sec | 35 sec | 40 sec | 35 sec | 40 sec | 45 sec | 40 sec | 45 sec | 50 sec |
| 3 | 20 sec | 25 sec | 30 sec | 25 sec | 30 sec | 35 sec | 30 sec | 35 sec | 40 sec | 35 sec | 40 sec | 45 sec |
| 4 | 15 sec | 20 sec | 25 sec | 20 sec | 25 sec | 30 sec | 25 sec | 30 sec | 35 sec | 30 sec | 35 sec | 40 sec |
| Seit-stütz | 1 | 20 sec | 25 sec | 30 sec | 25 sec | 30 sec | 35 sec | 30 sec | 35 sec | 40 sec | 35 sec | 40 sec | 45 sec |
| 2 | 17 sec | 22 sec | 27 sec | 22 sec | 27 sec | 32 sec | 27 sec | 32 sec | 37 sec | 32 sec | 37 sec | 42 sec |
| 3 | 14 sec | 19 sec | 24 sec | 19 sec | 24 sec | 29 sec | 24 sec | 29 sec | 34 sec | 29 sec | 34 sec | 39 sec |
| 4 | 11 sec | 16 sec | 21 sec | 16 sec | 21 sec | 26 sec | 21 sec | 26 sec | 31 sec | 26 sec | 31 sec | 36 sec |
| Kniebeugen | 1 | 20 | 25 | 30 | 25 | 30 | 35 | 30 | 35 | 40 | 35 | 40 | 45 |
| 2 | 18 | 23 | 28 | 23 | 28 | 33 | 28 | 33 | 38 | 33 | 38 | 43 |
| 3 | 16 | 20 | 25 | 20 | 25 | 30 | 25 | 30 | 35 | 30 | 35 | 41 |
| 4 | 14 | 17 | 23 | 17 | 23 | 28 | 23 | 28 | 33 | 28 | 33 | 39 |
| Sit-ups(lang-sam) | 1 | 15 | 18 | 21 | 18 | 21 | 24 | 21 | 24 | 27 | 24 | 27 | 30 |
| 2 | 12 | 15 | 18 | 15 | 18 | 21 | 18 | 21 | 24 | 21 | 24 | 27 |
| 3 | 9 | 12 | 15 | 12 | 15 | 18 | 15 | 18 | 21 | 18 | 21 | 24 |
| 4 | 6 | 9 | 12 | 9 | 12 | 15 | 12 | 15 | 18 | 15 | 18 | 21 |
| Schwim-mer | 1 | 20 sec | 25 sec | 30 sec | 25 sec | 30 sec | 35 sec | 30 sec | 35 sec | 40 sec | 35 sec | 40 sec | 45 sec |
| 2 | 17 sec | 22 sec | 27 sec | 22 sec | 27 sec | 32 sec | 27 sec | 32 sec | 37 sec | 32 sec | 37 sec | 42 sec |
| 3 | 14 sec | 19 sec | 24 sec | 19 sec | 24 sec | 29 sec | 24 sec | 29 sec | 34 sec | 29 sec | 32 sec | 39 sec |
| 4 | 11 sec | 16 sec | 21 sec | 16 sec | 21 sec | 26 sec | 21 sec | 26 sec | 31 sec | 26 sec | 29 sec | 36 sec |

Stand: 2. Mai 2017 Erstellt von LK Sport 2018