

Pferderennen

Start with am game: Horse Race
To get an powerful start into the meeting,
get the project stuff out of the head for a
short time

Rules: We are all horses in a race and
passing many stations on the distance. So
I will give commands and show you what
to do – and you will copy it. Standard
movement is clapping on your tights.
Questions?

Starting box, position for movements,
space before, on the sides, on top, at the
bottom, no trouble with wires

Start!

Horses gallop

A bend to the left

A bent to the right

okay. Go on

Water jump

Bend to the left

Loooong bend to the left

Pass the tribune while Corona

Jump

Double jump

Bend to the right

Pass the tribune with the queen

Pass the tribune after corona

Long water jump

Bend to the left

Wooden bridge

Last bend to the right

Final sprint

Foto Finish