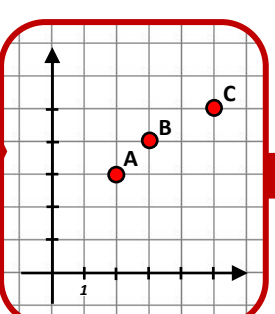
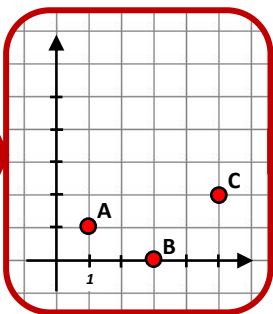
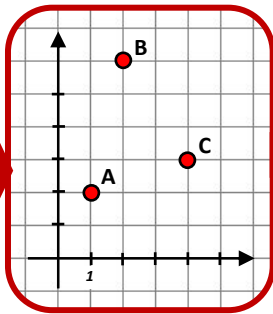


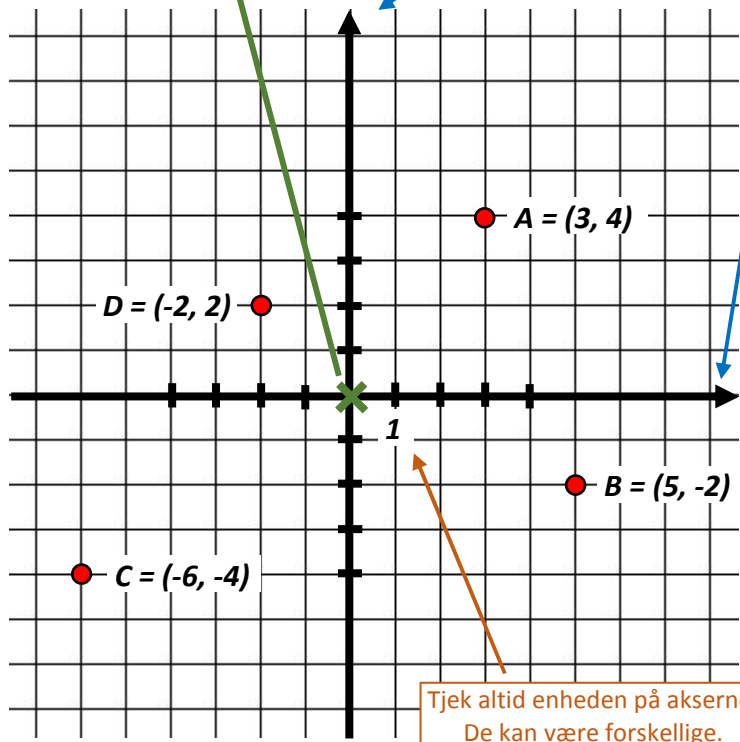
**START
HER**



"Planken"
(se evt. YouTube)
15 sek.

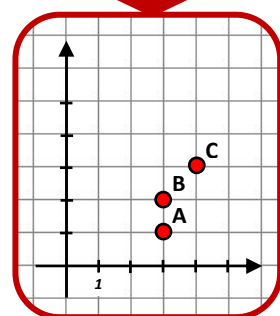
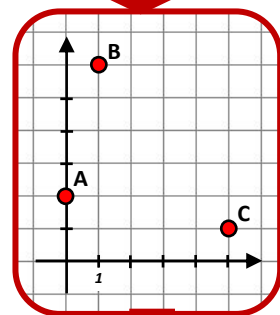
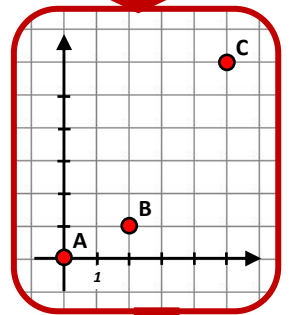
Brug hjælpen i midten.
Bliver du i tvivl, så kig på de
fire eksempler (røde prikker).

**Start ALTID her (0, 0)
og VANDRET først**

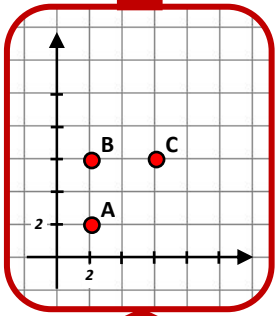
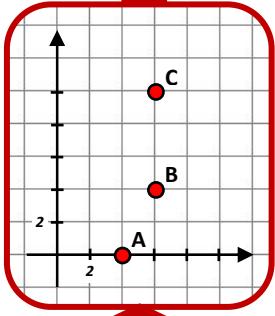


Pilene peger i positiv retning, så tallene bliver større i pilens retning.

Tjek altid enheden på akserne.
De kan være forskellige.
Her er enheden 1 på begge akser.



**SLUT
HER**



"Squats"
(se evt. YouTube)
15 stk.

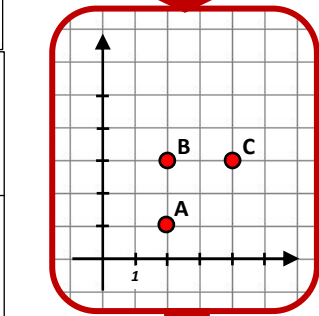
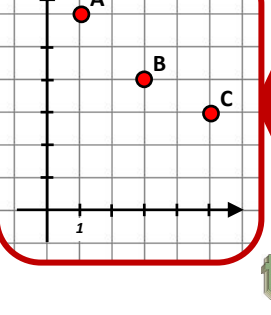
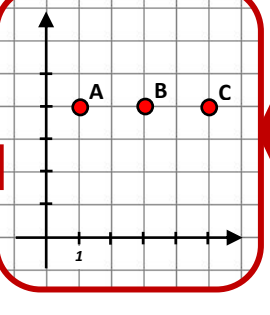
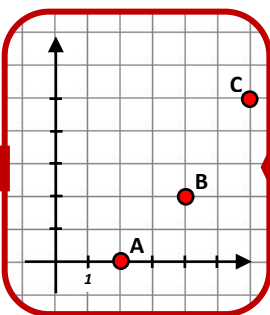
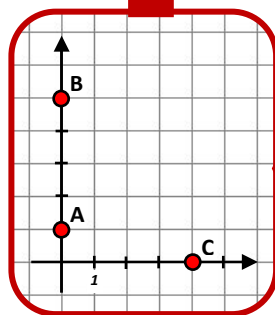
Koordinater, level 1

2 spillere. 2 terninger. Gang øjnene.
Eleven med det højeste resultat, løser det næste felt. *Eller* brug sten – saks – papir til at afgøre hvem, der løser næste felt.
I dette spil løses alle felter (medmindre spillet er på tid).
3 point mulige pr. felt. 1 point pr. rigtigt koordinatsæt.
Begge laver alle bevægelserne.

En streg pr. point, femte streg på skrå:
|| = 2 |||| = 4 ||||| = 5 ||||| || = 12

Elev 1:	_____
Elev 2:	_____

God fornøjelse.



"Bird dog" (se evt. YouTube)
Motsat arm og ben.
10 stk.