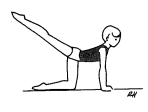
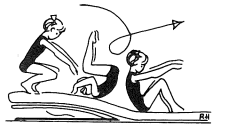
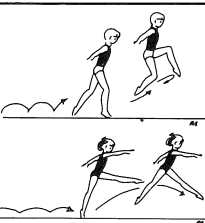
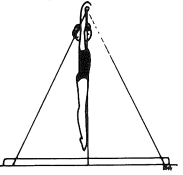

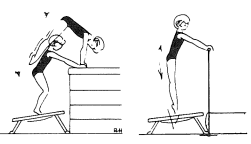
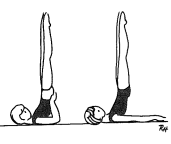

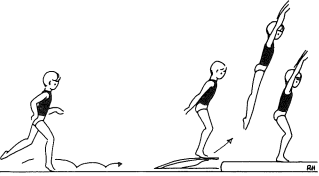
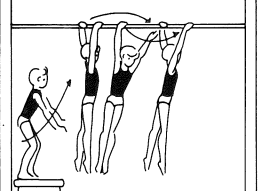
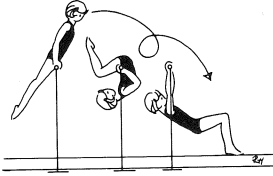
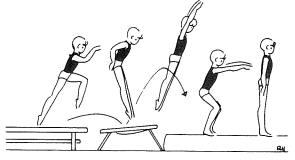
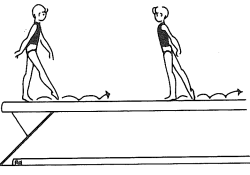
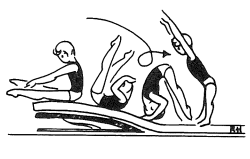
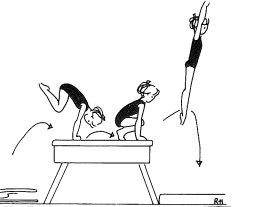
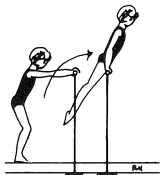
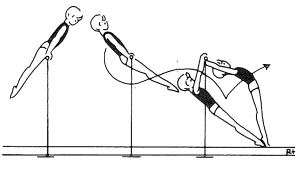
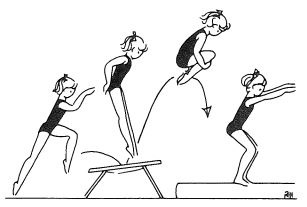
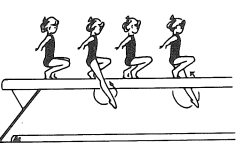
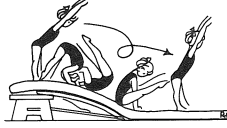
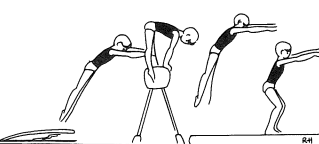
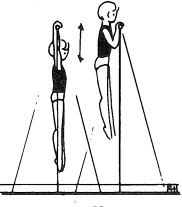
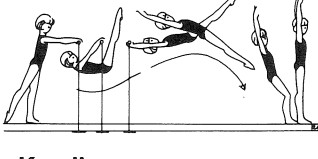
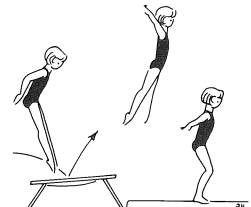

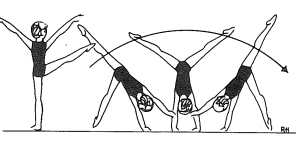
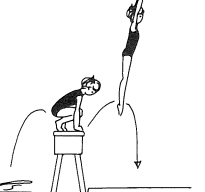
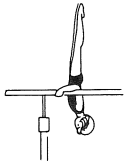
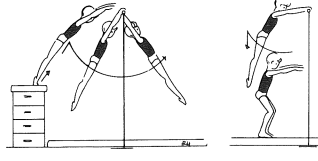
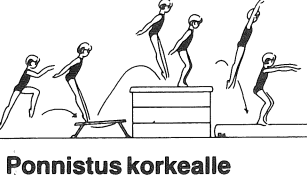


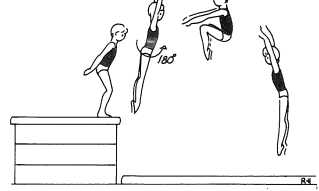
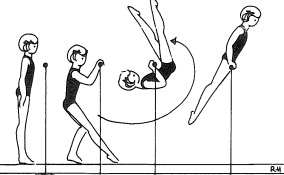
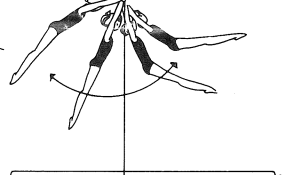
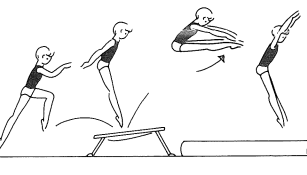
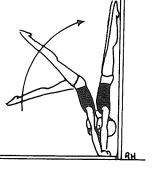
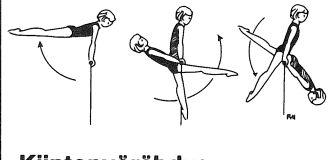
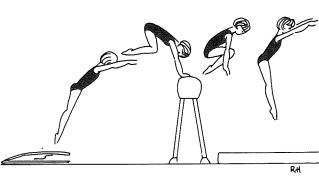

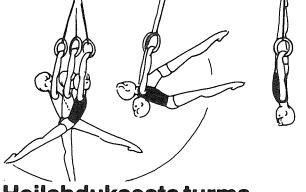
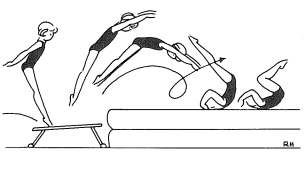
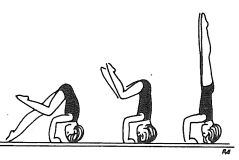
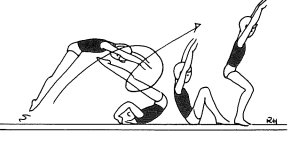
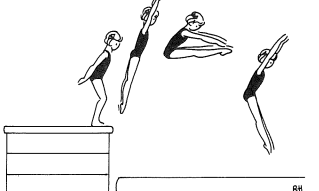
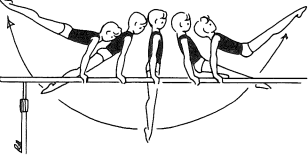
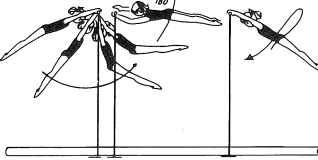
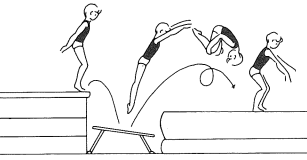






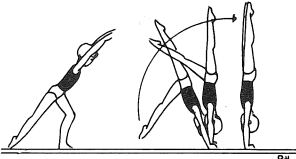
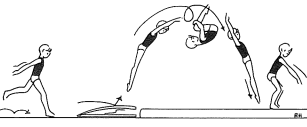
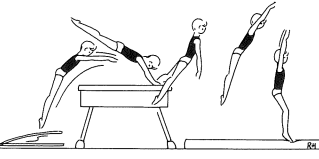

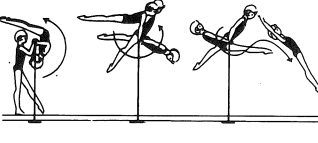
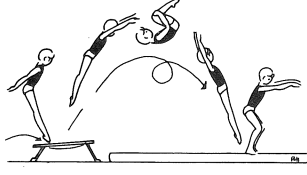


VOIMISTELUN OPETUS- JA HARJOITUSKUVASTO * ALA-ASTE

	TASAPAINO	PYÖRIMINEN	HYPYT	RIIPUNNAT, KOHONNAT, NOJAT	HEILUNTA	MINI-TRAMPOLIINI
1	 Polvivaaka	 Kuperkeikka eteenpäin alamäkeen	 Varsa- tai harppaushyppy	 Riipunta	 Heiluntaa toispolvi-riipunnassa	 Ponnauttelu
2	 Niskaseisonta	 Kuperkeikka eteenpäin	 Jännehyppy ponnistuslaudalta	 Riipuntakäynti	 Kaato eteenpäin rekillä oikeinojasta	 Jännehyppy
3	 Käynti eteen/taaksepäin puomilla	 Haarakuperkeikka taaksepäin alamäkeen	 Jänisloikka ja jännehyppy pitkittäiseltä telineeltä	 Oikonoja	 Kaarilasku	 Kerähyppy
4	 Kyykkykäynti puomilla	 Haarakuperkeikka eteenpäin alamäkeen	 Haarahyppy pukin yli	 Leuanveto eli käsinkohonta	 Kaarihyppy vuoroponnistaen	 X-hyppy
5	 Kaaritaivutus	 Rataanpyörä	 Kyykkyjännehyppy poikittaiselta telineeltä	 Kynnärturmariipunta nojapuilla	 Pudotusheilahdus	 Ponnistus korkealle telineelle/mattopinolle ja jännehyppy alas
6	 Päälläseisonta tukea vasten	 Kuperkeikka taaksepäin	 Kerähyppy kääntyen 180 astetta korokkeelta alas	 Kieppi	 Perusheilunta rekillä	 Haarataittohyppy
7	 Käsinseisonta tukea vasten	 Kiintopyörähdys taaksepäin	 Kyykkyhyppy pukin yli	 Hyppy nojaan ja heilahdus haaraistuntaan nojapuilla	 Heilahduksesta turma-riipuntaan renkailla	 Lentokuperkeikka
8	 Päälläseisonta	 Taittokuperkeikka eteenpäin	 Haarataittohyppy korokkeelta alas	 Perusheilunta nojapuilla	 Heilahdus kääntyen 180 astetta rekillä	 Kerävoitti eteenpäin
9	 Vaaka	 Kuperkeikka taaksepäin ohimenevään käsinseisontaan	 Haarahyppy poikittaisella telineellä	 Sivuhyppy takaheilahduksesta alas nojapuilla	 Perusheilunta renkailla ja kerävoitti alas	 Ponnauttelu ja jännehyppy taaksepäin 360 astetta kääntyen
10	 Käsinseisonta	 Kerävoitti eteenpäin ponnistuslaudalta	 Haarahyppy pitkittäisellä telineellä	 Juoksuvauhdista polvikippi rekillä tai haarakippi nojapuilla	 Kieppi, kiintopyörähdys taaksepäin, kaarihyppy	 Kerävoitti eteenpäin

Rautamerkki
10 pistettä

Pronssimerkki
24 pistettä

MERKIT
Hopeamerkki
36 pistettä

Kultamerkki
48 pistettä

Mestamerkki
59 pistettä



Suunnittelu:
Kari Vuohelainen

Koululiikuntaliitto

Kuvitus:
Raili Hämäläinen ©