



# Motionsutmaningen

Finland 100



*Suomi*  
*Finland*  
**100**

I din hand håller du prestationshäftet för motionsutmaningen Finland 100.

Ditt mål är att utföra 100 olika motionsprestationer

100 gånger. Du kan genomföra utmaningen fram till

det självständiga Finlands 100-årsdag, det vill säga den 6 december 2017.

Varje gång du har utfört en rörelse tio gånger får du färglägga

ett mynt märkt 10 i ditt häfte. När hela raden är färdig får du färglägga

Finlands flagga. När du har färgat 100 flaggor,

har du genomfört utmaningen.

Lycka till med utmaningen!

*Glatt på gång!*

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i rörelse i Hannuniittu skolan

Mervi Järviö, Ville Suntioinen,

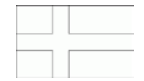
Sanna Alavuokila, Juhana Loueniva,

Irma Tahkola & Tommi Parkkila

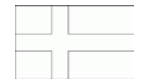
# Spurtrast



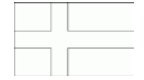
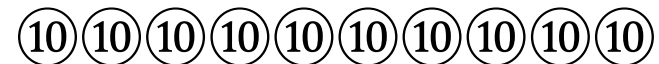
Löpning runt planen



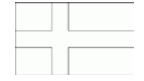
Spurt 10 m



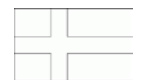
Baklängeslöpning 10 m



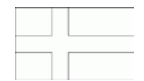
Benlyftslöpning 10 m



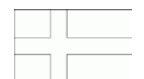
Baklöpning 10 m



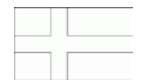
Steglöpning



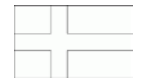
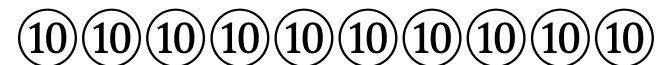
Sidokorslöpning 10 m



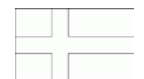
Spurt på plats medan man räknar till tio



Uppförsbacke



Stepup



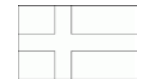
# Hoppkänsla



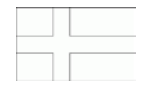
Hoppa framåt på höger ben



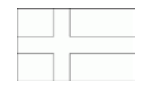
Hoppa framåt på vänster ben



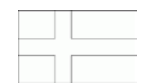
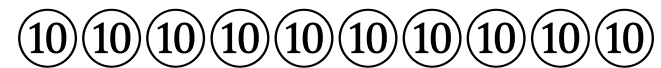
Hoppa framåt jämfota



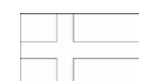
Hopp med galoppbyte



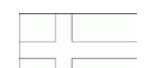
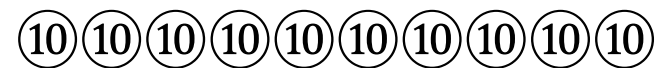
Ljushopp



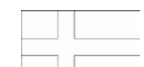
Grenhopp



Skridskoåkningshopp



Skidåkningshopp



Hopp 180 grader



X-hopp

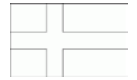


# Hoppsan kaströrelser



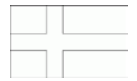
Kasta bollen i korgen

10 10 10 10 10 10 10 10 10 10



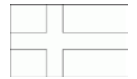
Kasta frisbee mot ett mål

10 10 10 10 10 10 10 10 10 10



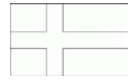
Studsa boll med höger hand

10 10 10 10 10 10 10 10 10 10



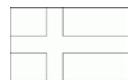
Studsa boll med vänster hand

10 10 10 10 10 10 10 10 10 10



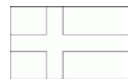
Kasta bollen i luften och ta lyra

10 10 10 10 10 10 10 10 10 10



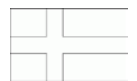
Kasta bollen i luften och rotera 360°

10 10 10 10 10 10 10 10 10 10



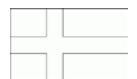
Kasta boll mot väggen, ta lyra efter studs

10 10 10 10 10 10 10 10 10 10



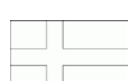
Kasta boll mot väggen, ta lyra i luften

10 10 10 10 10 10 10 10 10 10



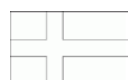
Studsa boll med racket med höger hand

10 10 10 10 10 10 10 10 10 10



Studsa boll med racket med vänster hand

10 10 10 10 10 10 10 10 10 10

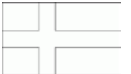


# Tricks



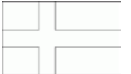
Sparka en boll mot väggen med fotens insida

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



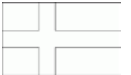
Skjut en boll mot väggen med klubba

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



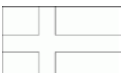
Studsas en boll på fötterna eller knäna

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



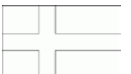
För en boll framåt 10 m

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



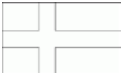
För en boll bakåt 10 m

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



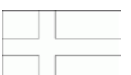
Spring med en boll mellan knäna 10 m

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



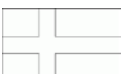
Hoppa med en boll mellan knäna

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



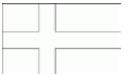
Kasta en boll liggande med fötterna till dig själv

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



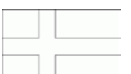
För en boll i en åtta

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



För en boll i en åtta med en klubba

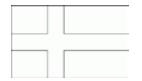
⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩



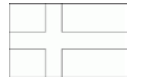
# Studsferdigheter



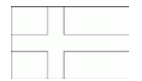
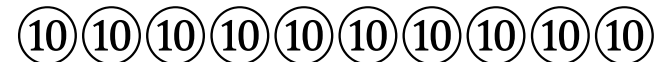
Jämfotahopp med hopprep



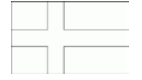
Hoppa hopprep och gå framåt



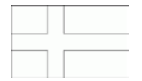
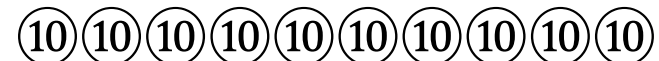
Slalomhopp över rep



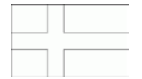
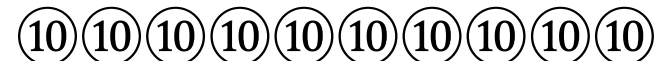
Framåt-bakåthopp över rep



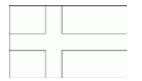
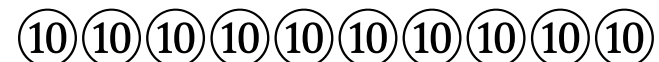
Hopp i ringar



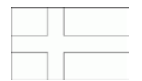
Jämfotahopp över ett lågt hinder



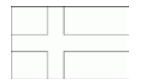
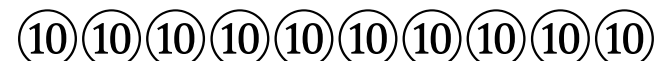
Hoppa hare över en bänk



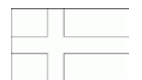
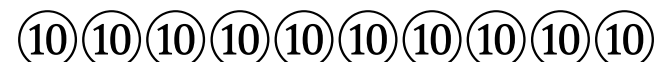
Hoppa upp på en avsats



Hoppa från sten till sten



Hoppa över ett roterande tunnband



# Behärska din kropp



Kullerbytta framåt eller bakåt

10 10 10 10 10 10 10 10 10 10

Hjula åt båda hållen

10 10 10 10 10 10 10 10 10 10

Stå på händer

10 10 10 10 10 10 10 10 10 10

Stå på huvudet

10 10 10 10 10 10 10 10 10 10

Fotspark framåt

10 10 10 10 10 10 10 10 10 10

Gå på tå på en bom

10 10 10 10 10 10 10 10 10 10

Piruet

10 10 10 10 10 10 10 10 10 10

Gunga

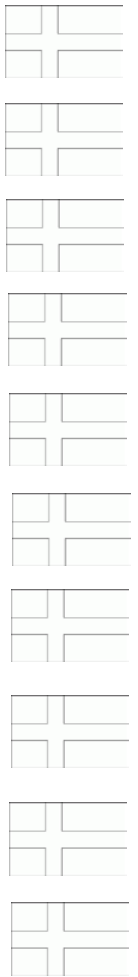
10 10 10 10 10 10 10 10 10 10

Fågelbo på marken eller i ringar

10 10 10 10 10 10 10 10 10 10

Flamingo-balansering

10 10 10 10 10 10 10 10 10 10





# Tuffa tag



Plankan 20 sekunder

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Sidoplanka på båda sidorna och fotlyft

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Lyft överkroppen liggande på mage

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Benlyft liggande på mage

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Lyft överkroppen liggande på rygg

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Benlyft liggande på rygg

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Halv fällkniv

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Höftlyft

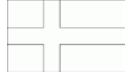
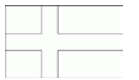
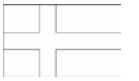
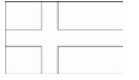
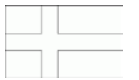
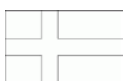
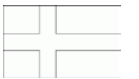
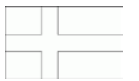
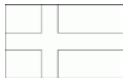
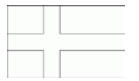
⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Språng med hela kroppen?

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Sicksackmagar

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩



# Råg i armar och ben



Armhävningar

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Knäböj

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Räckhäv

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Dipp

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Utfallssteg med höger fot fram

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Utfallssteg med vänster fot fram

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Stig upp på tå

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Burbee

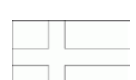
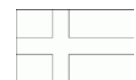
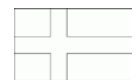
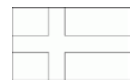
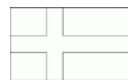
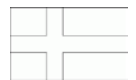
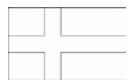
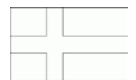
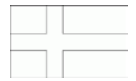
⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Stig upp på bänk och knä-armbågskontakt

⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩ ⑩

Backhoppansats från sittande

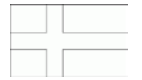
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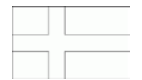
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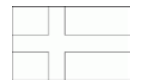
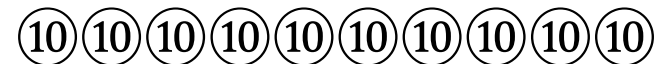
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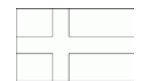
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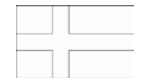
Kräftgång 5 m



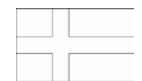
Grodhopp



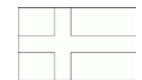
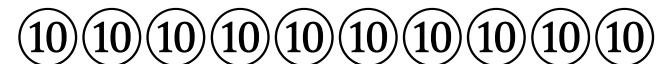
Mätarlarv



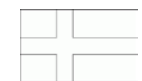
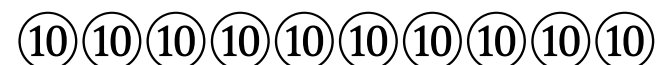
Krabba



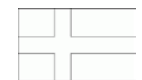
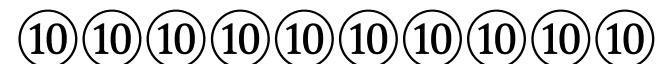
Lilla björn 5 m



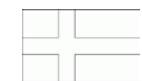
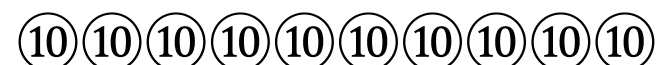
Ödlegång 5 m



Fölhopp



Åsnespark



# Vi gör tillsammans



Bollkast till en kompis på olika sätt

⑩⑩⑩⑩⑩⑩⑩⑩⑩⑩

Insidesspassning med fotboll och turvis ben

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Hoppa med långt hopprep

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En boll förs runt kropparna

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Sjömansbrottning

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Kasta frisbee till en kompis

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Mussvans

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Bocksprång över en kompis

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Parvis knäböj

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Rör kompisens knä

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