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| [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\8CE5F106.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F5%2F5c%2FSpongebob-squarepants.png%2Frevision%2Flatest%3Fcb%3D20190424195119%26path-prefix%3Dde&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fde%2Fwiki%2FSpongeBob_Schwammkopf&docid=sFjpdDcfrOzD3M&tbnid=QXSJrag6MxhS-M%3A&vet=10ahUKEwjM3_DPhp_kAhVRXRUIHX20CigQMwhOKAEwAQ..i&w=480&h=480&bih=782&biw=1607&q=Spongebob&ved=0ahUKEwjM3_DPhp_kAhVRXRUIHX20CigQMwhOKAEwAQ&iact=mrc&uact=8)Mache 5 Strecksprünge | Mache 5 Strecksprünge [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\8CE5F106.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F5%2F5c%2FSpongebob-squarepants.png%2Frevision%2Flatest%3Fcb%3D20190424195119%26path-prefix%3Dde&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fde%2Fwiki%2FSpongeBob_Schwammkopf&docid=sFjpdDcfrOzD3M&tbnid=QXSJrag6MxhS-M%3A&vet=10ahUKEwjM3_DPhp_kAhVRXRUIHX20CigQMwhOKAEwAQ..i&w=480&h=480&bih=782&biw=1607&q=Spongebob&ved=0ahUKEwjM3_DPhp_kAhVRXRUIHX20CigQMwhOKAEwAQ&iact=mrc&uact=8) | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\F456740B.tmp](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2Fthumb%2F86b_Thadd%25C3%25A4us.jpg%2F180px-86b_Thadd%25C3%25A4us.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FThadd%25C3%25A4us_Tentakel&docid=h58SAgUH73B-6M&tbnid=GcOXZrDUbUtSOM%3A&vet=10ahUKEwiGxY21h5_kAhWgTxUIHWmwDJQQMwhRKAMwAw..i&w=180&h=217&bih=782&biw=1607&q=Spongebob%20Tad%C3%A4us&ved=0ahUKEwiGxY21h5_kAhWgTxUIHWmwDJQQMwhRKAMwAw&iact=mrc&uact=8)Laufe 1 Runde ums blaue Feld. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\F456740B.tmp](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2Fthumb%2F86b_Thadd%25C3%25A4us.jpg%2F180px-86b_Thadd%25C3%25A4us.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FThadd%25C3%25A4us_Tentakel&docid=h58SAgUH73B-6M&tbnid=GcOXZrDUbUtSOM%3A&vet=10ahUKEwiGxY21h5_kAhWgTxUIHWmwDJQQMwhRKAMwAw..i&w=180&h=217&bih=782&biw=1607&q=Spongebob%20Tad%C3%A4us&ved=0ahUKEwiGxY21h5_kAhWgTxUIHWmwDJQQMwhRKAMwAw&iact=mrc&uact=8)Laufe 1 Runde ums blaue Feld |
| [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6A7B7487.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fi.pinimg.com%2Foriginals%2F0b%2Faf%2F10%2F0baf106e328a19dddd2093436197961f.png&imgrefurl=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F446982331747825470%2F&docid=3i5i4B3Jt14XWM&tbnid=Faq2RpEjsUmChM%3A&vet=10ahUKEwjE0N7ah5_kAhUpShUIHfl5BJMQMwhmKBEwEQ..i&w=578&h=944&bih=782&biw=1607&q=Spongebob%20Patrick&ved=0ahUKEwjE0N7ah5_kAhUpShUIHfl5BJMQMwhmKBEwEQ&iact=mrc&uact=8)  10 Jumping Jacks | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6A7B7487.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fi.pinimg.com%2Foriginals%2F0b%2Faf%2F10%2F0baf106e328a19dddd2093436197961f.png&imgrefurl=https%3A%2F%2Fwww.pinterest.com%2Fpin%2F446982331747825470%2F&docid=3i5i4B3Jt14XWM&tbnid=Faq2RpEjsUmChM%3A&vet=10ahUKEwjE0N7ah5_kAhUpShUIHfl5BJMQMwhmKBEwEQ..i&w=578&h=944&bih=782&biw=1607&q=Spongebob%20Patrick&ved=0ahUKEwjE0N7ah5_kAhUpShUIHfl5BJMQMwhmKBEwEQ&iact=mrc&uact=8)  10 Jumping Jacks | [Bildergebnis für Spongebob sandy](https://www.google.at/imgres?imgurl=https%3A%2F%2Fnick-intl.mtvnimages.com%2Furi%2Fmgid%3Afile%3Agsp%3Akids-assets%3A%2Fnick%2Fproperties%2Fspongebob-squarepants%2Fcharacters%2Fsandy-character-web-desktop.png%3Fheight%3D0%26width%3D480%26matte%3Dtrue%26crop%3Dfalse&imgrefurl=http%3A%2F%2Fwww.nickelodeonafrica.com%2Fshows%2Fspongebob%2Fcharacters%2Fsandy-character%2Fcuwnb4&docid=thKZGcHI1a06bM&tbnid=eT9XH7FEJGO6BM%3A&vet=10ahUKEwj_ktWEiJ_kAhX8XRUIHYEEAjwQMwhrKBowGg..i&w=480&h=445&bih=782&biw=1607&q=Spongebob%20sandy&ved=0ahUKEwj_ktWEiJ_kAhX8XRUIHYEEAjwQMwhrKBowGg&iact=mrc&uact=8)Springe 10 mal mit dem rechten Bein. | [Bildergebnis für Spongebob sandy](https://www.google.at/imgres?imgurl=https%3A%2F%2Fnick-intl.mtvnimages.com%2Furi%2Fmgid%3Afile%3Agsp%3Akids-assets%3A%2Fnick%2Fproperties%2Fspongebob-squarepants%2Fcharacters%2Fsandy-character-web-desktop.png%3Fheight%3D0%26width%3D480%26matte%3Dtrue%26crop%3Dfalse&imgrefurl=http%3A%2F%2Fwww.nickelodeonafrica.com%2Fshows%2Fspongebob%2Fcharacters%2Fsandy-character%2Fcuwnb4&docid=thKZGcHI1a06bM&tbnid=eT9XH7FEJGO6BM%3A&vet=10ahUKEwj_ktWEiJ_kAhX8XRUIHYEEAjwQMwhrKBowGg..i&w=480&h=445&bih=782&biw=1607&q=Spongebob%20sandy&ved=0ahUKEwj_ktWEiJ_kAhX8XRUIHYEEAjwQMwhrKBowGg&iact=mrc&uact=8)Springe 10 mal mit dem linken Bein. |
| [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6738DB4A.tmp](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2Fthumb%2F137b_Gary.jpg%2F300px-137b_Gary.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FGary&docid=Slpqt9KHMkvBIM&tbnid=pLZg0NaMTvldEM%3A&vet=10ahUKEwiGw5KviJ_kAhWLQxUIHaMaBGQQMwhdKAgwCA..i&w=300&h=233&bih=782&biw=1607&q=Spongebob%20gerry&ved=0ahUKEwiGw5KviJ_kAhWLQxUIHaMaBGQQMwhdKAgwCA&iact=mrc&uact=8)  Ziehe dich 3 mal an der Langbank hin und her. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6738DB4A.tmp](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2Fthumb%2F137b_Gary.jpg%2F300px-137b_Gary.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FGary&docid=Slpqt9KHMkvBIM&tbnid=pLZg0NaMTvldEM%3A&vet=10ahUKEwiGw5KviJ_kAhWLQxUIHaMaBGQQMwhdKAgwCA..i&w=300&h=233&bih=782&biw=1607&q=Spongebob%20gerry&ved=0ahUKEwiGw5KviJ_kAhWLQxUIHaMaBGQQMwhdKAgwCA&iact=mrc&uact=8)  Ziehe dich 3 mal an der Langbank hin und her. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CBA8C836.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fupload.wikimedia.org%2Fwikipedia%2Fen%2Fthumb%2Ff%2Ff8%2FMr._Krabs.svg%2F220px-Mr._Krabs.svg.png&imgrefurl=https%3A%2F%2Fen.wikipedia.org%2Fwiki%2FMr._Krabs&docid=XmgrZNmil5I6PM&tbnid=VmNooLrHWVbcUM%3A&vet=10ahUKEwjlz7HMiJ_kAhVkqHEKHYM-ANEQMwhUKAIwAg..i&w=220&h=220&bih=782&biw=1607&q=Spongebob%20mrcrabs&ved=0ahUKEwjlz7HMiJ_kAhVkqHEKHYM-ANEQMwhUKAIwAg&iact=mrc&uact=8)Gehe im Krabbengang um die Langbank. | Gehe im Krabbengang um die Langbank.[C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CBA8C836.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fupload.wikimedia.org%2Fwikipedia%2Fen%2Fthumb%2Ff%2Ff8%2FMr._Krabs.svg%2F220px-Mr._Krabs.svg.png&imgrefurl=https%3A%2F%2Fen.wikipedia.org%2Fwiki%2FMr._Krabs&docid=XmgrZNmil5I6PM&tbnid=VmNooLrHWVbcUM%3A&vet=10ahUKEwjlz7HMiJ_kAhVkqHEKHYM-ANEQMwhUKAIwAg..i&w=220&h=220&bih=782&biw=1607&q=Spongebob%20mrcrabs&ved=0ahUKEwjlz7HMiJ_kAhVkqHEKHYM-ANEQMwhUKAIwAg&iact=mrc&uact=8) |
| [Bildergebnis für spongebob charaktere](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2Fthumb%2FMrsPuff.jpg%2F300px-MrsPuff.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FMrs._Puff&docid=0fSI1iuGKdFadM&tbnid=8lLKJt6tS96sBM%3A&vet=10ahUKEwjQou6OiZ_kAhWVonEKHVWmDCUQMwiVASg3MDc..i&w=300&h=290&bih=782&biw=1607&q=spongebob%20charaktere&ved=0ahUKEwjQou6OiZ_kAhWVonEKHVWmDCUQMwiVASg3MDc&iact=mrc&uact=8)Laufe 2 schnelle Runden ums blaue Feld. | Laufe 2 schnelle Runden ums blaue Feld.[Bildergebnis für spongebob charaktere](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2Fthumb%2FMrsPuff.jpg%2F300px-MrsPuff.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FMrs._Puff&docid=0fSI1iuGKdFadM&tbnid=8lLKJt6tS96sBM%3A&vet=10ahUKEwjQou6OiZ_kAhWVonEKHVWmDCUQMwiVASg3MDc..i&w=300&h=290&bih=782&biw=1607&q=spongebob%20charaktere&ved=0ahUKEwjQou6OiZ_kAhWVonEKHVWmDCUQMwiVASg3MDc&iact=mrc&uact=8) | [Bildergebnis für spongebob charaktere](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F7%2F79%2FBlackjack.jpg%2Frevision%2Flatest%3Fcb%3D20130404171000%26path-prefix%3Dde&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fde%2Fwiki%2FBlackJack&docid=LdoBieBRg1VOVM&tbnid=Kx4izhwYbHZ4vM%3A&vet=10ahUKEwjQou6OiZ_kAhWVonEKHVWmDCUQMwirAShLMEs..i&w=359&h=381&bih=782&biw=1607&q=spongebob%20charaktere&ved=0ahUKEwjQou6OiZ_kAhWVonEKHVWmDCUQMwirAShLMEs&iact=mrc&uact=8)Werfe den Medizinball 10 mal gegen die Wand. | Werfe den Medizinball 10 mal gegen die Wand.[Bildergebnis für spongebob charaktere](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F7%2F79%2FBlackjack.jpg%2Frevision%2Flatest%3Fcb%3D20130404171000%26path-prefix%3Dde&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fde%2Fwiki%2FBlackJack&docid=LdoBieBRg1VOVM&tbnid=Kx4izhwYbHZ4vM%3A&vet=10ahUKEwjQou6OiZ_kAhWVonEKHVWmDCUQMwirAShLMEs..i&w=359&h=381&bih=782&biw=1607&q=spongebob%20charaktere&ved=0ahUKEwjQou6OiZ_kAhWVonEKHVWmDCUQMwirAShLMEs&iact=mrc&uact=8) |
| [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\F562EDE2.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fvillains%2Fimages%2Ff%2Ffb%2FSpongeBob_Sheldon_Plankton_promo.png%2Frevision%2Flatest%3Fcb%3D20190220183845&imgrefurl=https%3A%2F%2Fvillains.fandom.com%2Fwiki%2FPlankton&docid=6j_dm41hGY6iSM&tbnid=Rd8nEXar-AHtZM%3A&vet=10ahUKEwjt57HeiZ_kAhX_SBUIHeHFDZkQMwhSKAMwAw..i&w=500&h=500&bih=782&biw=1607&q=spongebob%20plankton&ved=0ahUKEwjt57HeiZ_kAhX_SBUIHeHFDZkQMwhSKAMwAw&iact=mrc&uact=8)Krieche 5 mal unter der Langbank durch. | Krieche 5 mal unter der Langbank durch.[C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\F562EDE2.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fvillains%2Fimages%2Ff%2Ffb%2FSpongeBob_Sheldon_Plankton_promo.png%2Frevision%2Flatest%3Fcb%3D20190220183845&imgrefurl=https%3A%2F%2Fvillains.fandom.com%2Fwiki%2FPlankton&docid=6j_dm41hGY6iSM&tbnid=Rd8nEXar-AHtZM%3A&vet=10ahUKEwjt57HeiZ_kAhX_SBUIHeHFDZkQMwhSKAMwAw..i&w=500&h=500&bih=782&biw=1607&q=spongebob%20plankton&ved=0ahUKEwjt57HeiZ_kAhX_SBUIHeHFDZkQMwhSKAMwAw&iact=mrc&uact=8) | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E355A840.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F8%2F8a%2FPlankton_Gets_the_Boot_005.png%2Frevision%2Flatest%3Fcb%3D20170312105523&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fwiki%2FKaren%2527s_screensaver&docid=it3VWyd6wwm69M&tbnid=KB111ld47V_m7M%3A&vet=10ahUKEwjLoLCKip_kAhWOTRUIHcUCCy8QMwhFKAYwBg..i&w=1920&h=1080&bih=782&biw=1607&q=spongebob%20karen&ved=0ahUKEwjLoLCKip_kAhWOTRUIHcUCCy8QMwhFKAYwBg&iact=mrc&uact=8)Klettere 2mal über den Kasten. | Klettere 2mal über den Kasten.[C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\E355A840.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F8%2F8a%2FPlankton_Gets_the_Boot_005.png%2Frevision%2Flatest%3Fcb%3D20170312105523&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fwiki%2FKaren%2527s_screensaver&docid=it3VWyd6wwm69M&tbnid=KB111ld47V_m7M%3A&vet=10ahUKEwjLoLCKip_kAhWOTRUIHcUCCy8QMwhFKAYwBg..i&w=1920&h=1080&bih=782&biw=1607&q=spongebob%20karen&ved=0ahUKEwjLoLCKip_kAhWOTRUIHcUCCy8QMwhFKAYwBg&iact=mrc&uact=8) |
| [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9B30D98C.tmp](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2FPerla.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FPerla_Krabs&docid=JMMorKQIWn7zGM&tbnid=37mC-9ZAMK66rM%3A&vet=10ahUKEwiusOnFip_kAhViURUIHbioDnEQMwhPKAAwAA..i&w=366&h=253&bih=782&biw=1607&q=spongebob%20walfisch&ved=0ahUKEwiusOnFip_kAhViURUIHbioDnEQMwhPKAAwAA&iact=mrc&uact=8)5 Situps und 5 Strecksprünge | 5 Situps und 5 Strecksprünge [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9B30D98C.tmp](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2FPerla.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FPerla_Krabs&docid=JMMorKQIWn7zGM&tbnid=37mC-9ZAMK66rM%3A&vet=10ahUKEwiusOnFip_kAhViURUIHbioDnEQMwhPKAAwAA..i&w=366&h=253&bih=782&biw=1607&q=spongebob%20walfisch&ved=0ahUKEwiusOnFip_kAhViURUIHbioDnEQMwhPKAAwAA&iact=mrc&uact=8) | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2C27537A.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fi.pinimg.com%2F736x%2Ff6%2F9f%2F4f%2Ff69f4fdc894a1289c66b07e65dcda01b--that-awkward-moment-awkward-moments.jpg&imgrefurl=https%3A%2F%2Fwww.wisst-ihr-noch.de%2F2000er%2Fserien-2000er%2F12-momente-die-bei-spongebob-schwammkopf-gar-keinen-sinn-machen-35585%2F&docid=LH6plRhQjjkSgM&tbnid=yZTFpGkD8IaUtM%3A&vet=10ahUKEwiwmbzsip_kAhUdQRUIHcIuCW4QMwhQKAEwAQ..i&w=635&h=484&bih=782&biw=1607&q=spongebob%20eltern&ved=0ahUKEwiwmbzsip_kAhUdQRUIHcIuCW4QMwhQKAEwAQ&iact=mrc&uact=8)Hol eine/n Mitschüler/in und macht gem. 20 Jumping Jacks. | Hol eine/n Mitschüler/in und macht gem. 20 Jumping Jacks.[C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\2C27537A.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fi.pinimg.com%2F736x%2Ff6%2F9f%2F4f%2Ff69f4fdc894a1289c66b07e65dcda01b--that-awkward-moment-awkward-moments.jpg&imgrefurl=https%3A%2F%2Fwww.wisst-ihr-noch.de%2F2000er%2Fserien-2000er%2F12-momente-die-bei-spongebob-schwammkopf-gar-keinen-sinn-machen-35585%2F&docid=LH6plRhQjjkSgM&tbnid=yZTFpGkD8IaUtM%3A&vet=10ahUKEwiwmbzsip_kAhUdQRUIHcIuCW4QMwhQKAEwAQ..i&w=635&h=484&bih=782&biw=1607&q=spongebob%20eltern&ved=0ahUKEwiwmbzsip_kAhUdQRUIHcIuCW4QMwhQKAEwAQ&iact=mrc&uact=8) |
| [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\80BF5998.tmp](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2Fthumb%2FHerb_star.jpg%2F200px-Herb_star.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FEpisodenmitschrift%3A_Einer_ist_immer_der_Dumme&docid=8ZDQIBc2GNAvVM&tbnid=RmZUBcib77k0QM%3A&vet=10ahUKEwiwmbzsip_kAhUdQRUIHcIuCW4QMwhSKAMwAw..i&w=200&h=155&bih=782&biw=1607&q=spongebob%20eltern&ved=0ahUKEwiwmbzsip_kAhUdQRUIHcIuCW4QMwhSKAMwAw&iact=mrc&uact=8)  Hol eine/n Freund/in und springt je 20 mal mit dem Seil. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\80BF5998.tmp](https://www.google.at/imgres?imgurl=http%3A%2F%2Fde.spongepedia.org%2Fimages%2Fthumb%2FHerb_star.jpg%2F200px-Herb_star.jpg&imgrefurl=http%3A%2F%2Fde.spongepedia.org%2Findex.php%2FEpisodenmitschrift%3A_Einer_ist_immer_der_Dumme&docid=8ZDQIBc2GNAvVM&tbnid=RmZUBcib77k0QM%3A&vet=10ahUKEwiwmbzsip_kAhUdQRUIHcIuCW4QMwhSKAMwAw..i&w=200&h=155&bih=782&biw=1607&q=spongebob%20eltern&ved=0ahUKEwiwmbzsip_kAhUdQRUIHcIuCW4QMwhSKAMwAw&iact=mrc&uact=8)  Hol eine/n Freund/in und springt je 20 mal mit dem Seil. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3DE2B66.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F7%2F7a%2FHelp_Wanted_119.jpg%2Frevision%2Flatest%3Fcb%3D20190606011912&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fwiki%2FAnchovies&docid=LVKuhSKf7y9PZM&tbnid=dD1wRjDIMy8GnM%3A&vet=10ahUKEwjekv_Ni5_kAhW7UBUIHSbWBQoQMwhKKAEwAQ..i&w=1000&h=750&bih=782&biw=1607&q=spongebob%20sardinen&ved=0ahUKEwjekv_Ni5_kAhW7UBUIHSbWBQoQMwhKKAEwAQ&iact=mrc&uact=8)  Die ganze Gruppe muss  1 Runde laufen. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\3DE2B66.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F7%2F7a%2FHelp_Wanted_119.jpg%2Frevision%2Flatest%3Fcb%3D20190606011912&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fwiki%2FAnchovies&docid=LVKuhSKf7y9PZM&tbnid=dD1wRjDIMy8GnM%3A&vet=10ahUKEwjekv_Ni5_kAhW7UBUIHSbWBQoQMwhKKAEwAQ..i&w=1000&h=750&bih=782&biw=1607&q=spongebob%20sardinen&ved=0ahUKEwjekv_Ni5_kAhW7UBUIHSbWBQoQMwhKKAEwAQ&iact=mrc&uact=8)  Die ganze Gruppe muss  1 Runde laufen. |
| [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\DACB464.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F4%2F4e%2FDriven_to_Tears_37.jpg%2Frevision%2Flatest%3Fcb%3D20120909133730&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fwiki%2FJudge_Sardine&docid=o368WhWHBF4P_M&tbnid=aZv9MhRpsAgxyM%3A&vet=10ahUKEwjekv_Ni5_kAhW7UBUIHSbWBQoQMwhUKAswCw..i&w=1152&h=864&bih=782&biw=1607&q=spongebob%20sardinen&ved=0ahUKEwjekv_Ni5_kAhW7UBUIHSbWBQoQMwhUKAswCw&iact=mrc&uact=8)  Geh zu deinem/deiner Lehrer/in. Er/Sie stellt dir eine Rechenaufgabe. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\DACB464.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F4%2F4e%2FDriven_to_Tears_37.jpg%2Frevision%2Flatest%3Fcb%3D20120909133730&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fwiki%2FJudge_Sardine&docid=o368WhWHBF4P_M&tbnid=aZv9MhRpsAgxyM%3A&vet=10ahUKEwjekv_Ni5_kAhW7UBUIHSbWBQoQMwhUKAswCw..i&w=1152&h=864&bih=782&biw=1607&q=spongebob%20sardinen&ved=0ahUKEwjekv_Ni5_kAhW7UBUIHSbWBQoQMwhUKAswCw&iact=mrc&uact=8)  Geh zu deinem/deiner Lehrer/in. Er/Sie stellt dir eine Rechenaufgabe. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\89D06C12.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fi.etsystatic.com%2F12960544%2Fr%2Fil%2F970b24%2F1315862380%2Fil_794xN.1315862380_ru7u.jpg&imgrefurl=https%3A%2F%2Fwww.etsy.com%2Fde%2Flisting%2F562788967%2Fspongebob-squarepants-pirate-acrylic&docid=d-TVnqF5_Yb_hM&tbnid=4p2T_ycUuBXvYM%3A&vet=10ahUKEwj1mLOSjJ_kAhVRuHEKHT-VDf0QMwhLKAIwAg..i&w=794&h=646&bih=782&biw=1607&q=spongebob%20pirat&ved=0ahUKEwj1mLOSjJ_kAhVRuHEKHT-VDf0QMwhLKAIwAg&iact=mrc&uact=8)  Steh 20sek auf dem linken Bein ohne umzufallen. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\89D06C12.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fi.etsystatic.com%2F12960544%2Fr%2Fil%2F970b24%2F1315862380%2Fil_794xN.1315862380_ru7u.jpg&imgrefurl=https%3A%2F%2Fwww.etsy.com%2Fde%2Flisting%2F562788967%2Fspongebob-squarepants-pirate-acrylic&docid=d-TVnqF5_Yb_hM&tbnid=4p2T_ycUuBXvYM%3A&vet=10ahUKEwj1mLOSjJ_kAhVRuHEKHT-VDf0QMwhLKAIwAg..i&w=794&h=646&bih=782&biw=1607&q=spongebob%20pirat&ved=0ahUKEwj1mLOSjJ_kAhVRuHEKHT-VDf0QMwhLKAIwAg&iact=mrc&uact=8)Steh 20sek auf dem rechten Bein ohne umzufallen. |
| [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\237735F0.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F9%2F96%2FDer_fliegende_holl%25C3%25A4nder.jpg%2Frevision%2Flatest%3Fcb%3D20130404150258%26path-prefix%3Dde&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fde%2Fwiki%2FDer_Fliegende_Holl%25C3%25A4nder&docid=PYYpIzNW5e_DHM&tbnid=iEtEYWsXLLuKhM%3A&vet=10ahUKEwic4JG8jJ_kAhWDs3EKHQfzDc8QMwhPKAAwAA..i&w=347&h=259&bih=782&biw=1607&q=spongebob%20fliegender%20holl%C3%A4nder&ved=0ahUKEwic4JG8jJ_kAhWDs3EKHQfzDc8QMwhPKAAwAA&iact=mrc&uact=8)  Klettere die Sprossenwand  2 mal rauf und runter mit 2 Händen und nur einem Bein. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\237735F0.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fvignette.wikia.nocookie.net%2Fspongebob%2Fimages%2F9%2F96%2FDer_fliegende_holl%25C3%25A4nder.jpg%2Frevision%2Flatest%3Fcb%3D20130404150258%26path-prefix%3Dde&imgrefurl=https%3A%2F%2Fspongebob.fandom.com%2Fde%2Fwiki%2FDer_Fliegende_Holl%25C3%25A4nder&docid=PYYpIzNW5e_DHM&tbnid=iEtEYWsXLLuKhM%3A&vet=10ahUKEwic4JG8jJ_kAhWDs3EKHQfzDc8QMwhPKAAwAA..i&w=347&h=259&bih=782&biw=1607&q=spongebob%20fliegender%20holl%C3%A4nder&ved=0ahUKEwic4JG8jJ_kAhWDs3EKHQfzDc8QMwhPKAAwAA&iact=mrc&uact=8)  Klettere die Sprossenwand  2 mal rauf und runter mit 2 Händen und nur einem Bein. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9DAE417E.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fdok7xy59qfw9h.cloudfront.net%2F063%2F210%2F195%2F710003005-1qhj1ae-5jb3476kngr2bfp%2Foriginal%2Fburgerfrdich.jpg&imgrefurl=https%3A%2F%2Fask.fm%2FMinJungSpongebob%2Fbest%3Fpage%3D2&docid=us8GO8XXVNos-M&tbnid=ATp6McG9CECz9M%3A&vet=10ahUKEwiZldj5jJ_kAhXnWxUIHVI5A28QMwhgKA4wDg..i&w=262&h=192&bih=782&biw=1607&q=spongebob%20fKrabbenburger&ved=0ahUKEwiZldj5jJ_kAhXnWxUIHVI5A28QMwhgKA4wDg&iact=mrc&uact=8)  Steige 5 mal durch alle Reifen. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\9DAE417E.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fdok7xy59qfw9h.cloudfront.net%2F063%2F210%2F195%2F710003005-1qhj1ae-5jb3476kngr2bfp%2Foriginal%2Fburgerfrdich.jpg&imgrefurl=https%3A%2F%2Fask.fm%2FMinJungSpongebob%2Fbest%3Fpage%3D2&docid=us8GO8XXVNos-M&tbnid=ATp6McG9CECz9M%3A&vet=10ahUKEwiZldj5jJ_kAhXnWxUIHVI5A28QMwhgKA4wDg..i&w=262&h=192&bih=782&biw=1607&q=spongebob%20fKrabbenburger&ved=0ahUKEwiZldj5jJ_kAhXnWxUIHVI5A28QMwhgKA4wDg&iact=mrc&uact=8)  Steige 5 mal durch alle Reifen. |
| [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\5D3BEA3C.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fdok7xy59qfw9h.cloudfront.net%2F858%2F327%2F319%2F710003029-1qrbaa9-klpifnpeq3eiqk0%2Foriginal%2FSiegbert_Schnoesel.jpg&imgrefurl=https%3A%2F%2Fask.fm%2FSiegbertSchnoesel2%2Fbest%3Fpage%3D4&docid=1QIissqzYO5c7M&tbnid=rjv9dDeUpUzAlM%3A&vet=10ahUKEwjT1vCljZ_kAhUCsXEKHYGhCyIQMwhXKAUwBQ..i&w=320&h=240&itg=1&bih=782&biw=1607&q=spongebob%20sigbert&ved=0ahUKEwjT1vCljZ_kAhUCsXEKHYGhCyIQMwhXKAUwBQ&iact=mrc&uact=8)  Laufe zurück zur Gruppe und mache jemanden ein Kompliment. | [C:\Users\hamikey\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\5D3BEA3C.tmp](https://www.google.at/imgres?imgurl=https%3A%2F%2Fdok7xy59qfw9h.cloudfront.net%2F858%2F327%2F319%2F710003029-1qrbaa9-klpifnpeq3eiqk0%2Foriginal%2FSiegbert_Schnoesel.jpg&imgrefurl=https%3A%2F%2Fask.fm%2FSiegbertSchnoesel2%2Fbest%3Fpage%3D4&docid=1QIissqzYO5c7M&tbnid=rjv9dDeUpUzAlM%3A&vet=10ahUKEwjT1vCljZ_kAhUCsXEKHYGhCyIQMwhXKAUwBQ..i&w=320&h=240&itg=1&bih=782&biw=1607&q=spongebob%20sigbert&ved=0ahUKEwjT1vCljZ_kAhUCsXEKHYGhCyIQMwhXKAUwBQ&iact=mrc&uact=8)  Laufe zurück zur Gruppe und mache jemanden ein Kompliment. | [Bildergebnis für spongebob Strand](https://www.google.at/imgres?imgurl=https%3A%2F%2Fimg.webme.com%2Fpic%2Fs%2Fshortylii%2Flarry.jpg&imgrefurl=https%3A%2F%2Fshortylii.de.tl%2FIch-Bin-FAN-Von--d-.htm&docid=YoZBfLDMTPfewM&tbnid=ruyb1uQoyRwZDM%3A&vet=10ahUKEwjBrd7TjZ_kAhXYSxUIHVDeCekQMwh1KCAwIA..i&w=300&h=300&bih=782&biw=1607&q=spongebob%20Strand&ved=0ahUKEwjBrd7TjZ_kAhXYSxUIHVDeCekQMwh1KCAwIA&iact=mrc&uact=8)Gib den Medizinball 5 mal um deinen Körper herum. | Gib den Medizinball 5 mal um deinen Körper herum.[Bildergebnis für spongebob Strand](https://www.google.at/imgres?imgurl=https%3A%2F%2Fimg.webme.com%2Fpic%2Fs%2Fshortylii%2Flarry.jpg&imgrefurl=https%3A%2F%2Fshortylii.de.tl%2FIch-Bin-FAN-Von--d-.htm&docid=YoZBfLDMTPfewM&tbnid=ruyb1uQoyRwZDM%3A&vet=10ahUKEwjBrd7TjZ_kAhXYSxUIHVDeCekQMwh1KCAwIA..i&w=300&h=300&bih=782&biw=1607&q=spongebob%20Strand&ved=0ahUKEwjBrd7TjZ_kAhXYSxUIHVDeCekQMwh1KCAwIA&iact=mrc&uact=8) |