

BUNTE BEWEGUNGS- WOCHE VERBINDET

Die online Sportwoche in Niedersachsen



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#SPORTverbindetMenschen
#FeeltheVielfalt

Der Druck erfolgt aus Mitteln der
Finanzhilfe des Landes Niedersachsen.



Informationen zu weiteren
Projekten auch auf Instagram

Liebe Teilnehmerinnen und Teilnehmer,

wir, die niedersächsischen Koordinierungsstellen „Integration im und durch Sport“ bringen gemeinsam mit dem LandesSportBund Niedersachsen ein integratives Onlineangebot unter dem Motto „Bunte Bewegungswoche verbindet – die Online Sportwoche in Niedersachsen“ für euch an den Start. Finanziert wird die bunte Bewegungswoche aus Fördermitteln des Landes Niedersachsen.

Grund für die Entwicklung der Bewegungswoche sind die coronabedingten Kontaktbeschränkungen, die zum aktuellen Stopp der vielfältigen integrativen Sportangebote führen. Über die Bewegungswoche sollen die sozialen Kontakte virtuell wieder intensiviert und das Sporttreiben im Verein über soziale und kulturelle Unterschiede hinweg wieder Fahrt aufnehmen. Ziel ist es, dass wir gemeinsam Sport treiben und ihr die Potenziale des Vereinssports kennenlernt.

Somit laden unsere Übungsleiter*innen aus ganz Niedersachsen in der Woche vom 15.-19. März ein, live vielseitige Sportarten auszuprobieren. Neben den klassischen Angeboten wie Bauch Beine Po schweißtreibendes Intervalltraining, Pilates sowie Yoga ist für ein Auspowern beim Zumba oder beim Dance-Workout garantiert. In der Kursbeschreibung werden euch die einzelnen Kursangebote kurz erklärt.

Personen ab 18 Jahren können an der Bewegungswoche teilnehmen. Voraussetzung für die Teilnahme ist ein Internetzugang und eine einmalige und kostenlose Registrierung.

Wir wünschen euch viel Spaß mit der bunten Bewegungswoche.

Eure Koordinierungsstellen „Integration im und durch Sport“

[Hier geht es zur Registrierung →](#)



» Wir trainieren zusammen weiter...online. Die bunte Bewegungswoche bietet ein vielseitiges Online- Sportprogramm an. Schaut in den Kursplan und sucht euch ein passendes Workout raus. Wir freuen uns auf euch! «

Koordinierungsstellen Integration im Sport



Unser Sportangebot im Überblick

Aerobic Dance

Dance Aerobic is the newest trend in Aerobics and is founded on its basic steps. It combines fitness and dance. If you enjoy dancing and want to improve your fitness simultaneously, aerobic dance is the right thing for you. Dance Aerobic increases stamina, flexibility, strength and coordination. By practicing cardio training as a sideline, the cardiovascular system and circulation are improved.

Afrobeats for Beginners

Afrobeat is a new worldwide trend. It is an explosive mix between African rhythms and Hip Hop. This dance is mainly inspired and influenced by African dances and suits solo- as well as group choreographies. Let yourself be swept away!

Aroha

Effective, simple course on three-quarter time inspired by Haka, KungFu and Tai Chi. Strengthens, stretches and relaxes main muscle groups, tightens the tushie, thighs, abs and leads to inner balance. Alternates between tension and relaxation, which releases hidden energy and gives a sense of well-being to the soul. No prior knowledge necessary, every age and condition welcome.

Abs – Thighs - Tushy

As the name of the course already suggests, this workout focuses on the muscle groups of buttocks, thighs and abs. Exercises are performed fast-paced and intensive, accompanied by lively, motivational music. The course is exactly the right fit if you like to power through all energy. But also fitness newbies can profit from the easy to learn movements and the groups drive. Everybody can practice in their own unique intensity.

Belly dance

Belly dance is an ideal whole body workout. First, you learn techniques of movement and coordination. Gradually movements are combined for example rolling the shoulders and shaking the hips. Difficulty can be raised or lowered depending on your own needs.

Flexible and fit

Use easily accessible materials (tennis ball, water bottles, a pillow) for a mixture of movements, strength and body awareness exercises.

Capoeira

Capoeira is a game of dance and fight that combines acrobatics, improvisation and reactivity in rhythmic movement. Accompanied by Brazilian beats this training advances flexibility, balance, strength, stamina and confidence.

Qigong

Qigong is a chinese meditation, concentration and movement exercises that cultivates body and mind. Also martial arts exercises are practiced in Qigong. You practice breath-, movement- and concentration exercises. They are supposed to harmonize and regulate Qi-streaming in your body.

Family Workout

Family workout; fun and exercise for the whole family. This live sport event is available to families only (mom & child or dad & child).

Fascia Training

Fasciae are collagen containing fibrous structures of tissue surrounding our muscles. Injuries and stress caulk these fasciae and impair the muscle. Through stretching exercises and mobilisation we want to activate these fasciae. Required materials: staff or broomstick!

Fight for your Fitness (Functional Fitness Martial Arts)

Don't I need a partner to practice martial arts? Normally you do, but this workout you can perform all by yourself to get in shape! We combined classic fitness exercises with martial arts drills to prepare you for your next encounter on the fighting mat – or simply to keep fit.



Fit with 80s Hits

In this workout you train your strength and flexibility accompanied by 80s hits.

HIIT-Training

High Intensity Interval Training alternates body weight exercises with short breaks. It improves stamina as well as strength and lets you explore your limits. This course is suitable for people who like a challenge and are experienced in working out. If you are new to this kind of workout, take it slow and let us guide you!

Equipment: a mat if you have one, plenty of water.



Hip Hop

Hip hop is not a distinct style of dance but rather a combination of many dancing styles. Originating in the poorer suburbs of American cities, school courts and such, it combines elements of breakdance, popping, locking, new style, krumping and urban dance. Hip hop is very open to improvisation and communication.

Mobility Training

Mobility training activates ligaments and tendons, joints and muscles through dynamic movement. Following a holistic approach, it prevents joint pains, false posture and impairments of the locomotor system.

Move and Dance

This workout teaches you dance steps to popular songs from the charts. The steps are easy to learn so at the end of the session we will perform a virtual

dance together.

Karate for Beginners

Karate is a Japanese martial arts style benefitting fitness, self-awareness and body posture. We will train Shotokan-Style based on the teachings of Funakoshi Gichin. No prior experience necessary.

Latin Dance Mix

This Latin dance workout combines dance and fitness, similar to „Zumba“. You will learn steps from Latin American dances mixed with elements of aerobic. La-

tin dance workout is a diverse cardio training accompanied by captivating, fun music.

Linedance

Simple line and group dances accompanied by different musical styles (from top of the charts to salsa) with great choreographies. Linedance is a choreographed form of dancing. Individual performers regardless of gender dance next to and in front of one another.

Dances are choreographed to music from country and pop songs.

Pilates

Pilates is a gentle and calm whole body workout, which mainly strengthens your core muscles (pelvic floor and abs) through its unique method. It improves flexibility and stabilizes the joints by focusing on specific strengthening exercises.



Tabata

Tabata is a variation on High Intensity Interval Training. In Tabata, 20 seconds of highly intense exercise alternate with 10 seconds of recess in eight turns. With lots of fun and empathy you explore your limits. All exercises are performed in maximum intensity over the duration of the training. It serves as a quick and fast fat-burning sport.

TriloChi®

TriloChi® is a holistic motion and relaxation concept combining different techniques to harmonise body and mind.

Salsa Aerobic

The joy of movement is combined with intensive fitness training. Lively rhythms fire you up and get you to dance and exercise. Salsa aerobic boosts stamina, coordination and agility. Accompanied by Salsa music our training follows a standardised structure of warm-up, training and stretching.

Stretching

Stretching does not lengthen your muscles. Rather it enhances the flexibility of your connective tissue and fascias. Stretching can lead to a long-term improvement of your agility and helps reducing muscular dysbalance, pain and stress.

Ringen

A set of different exercises to improve agility, coordination, fitness and power. Equipment: water bottles

Yoga

Soft yoga poses strengthen, stretch and relax your back muscles. Strength and flexibility of your spinal cord are boosted. Deep breathing and relaxation help you let go of your everyday life and give you inner and outer balance, so that mind, body and soul are all equally addressed and your overall wellbeing is promoted.

Zumba

Zumba combines elements of Latin American dance styles with motivational music to form an effective and stamina-enhancing training. It incorporates principles of aerobics and interval training to maximize fat-burning, improve cardio and bloodstream and promote muscle growth. All dance moves aim to improve stamina and are easy to learn. They benefit muscular growth in the buttocks, legs, arms, core, abs and in the most important muscle of the body, the heart. Tanz mit motivierender Musik für ein effektives und motivierendes Training zur Förderung der Ausdauer.

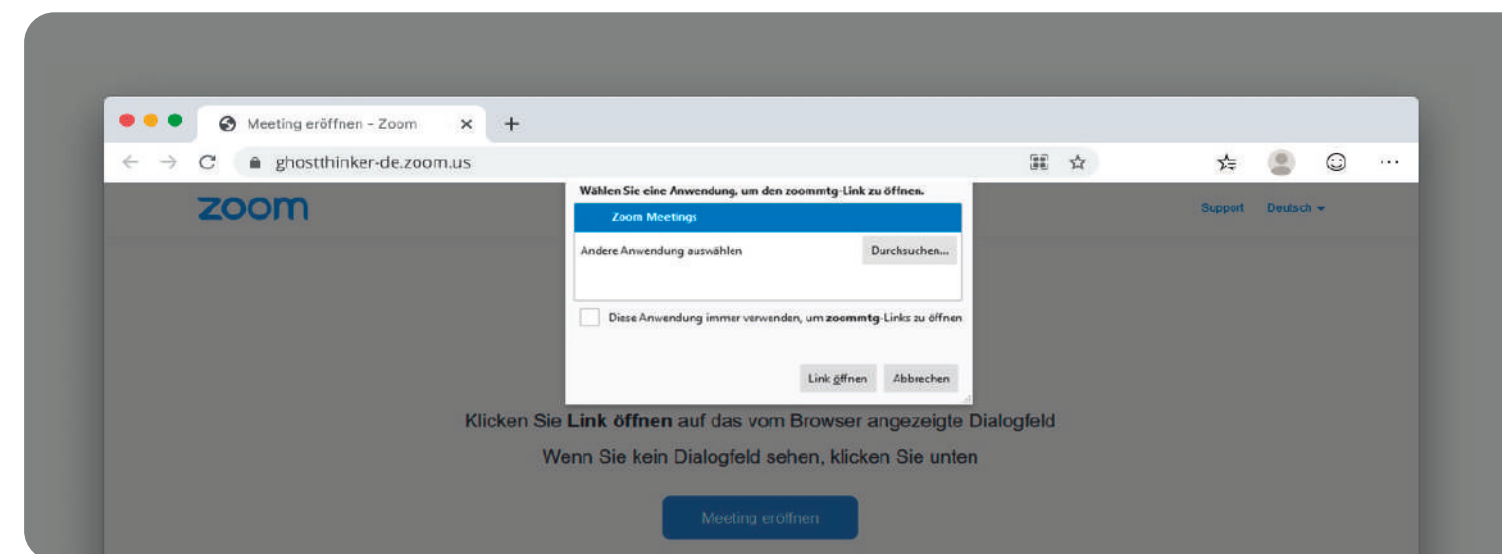
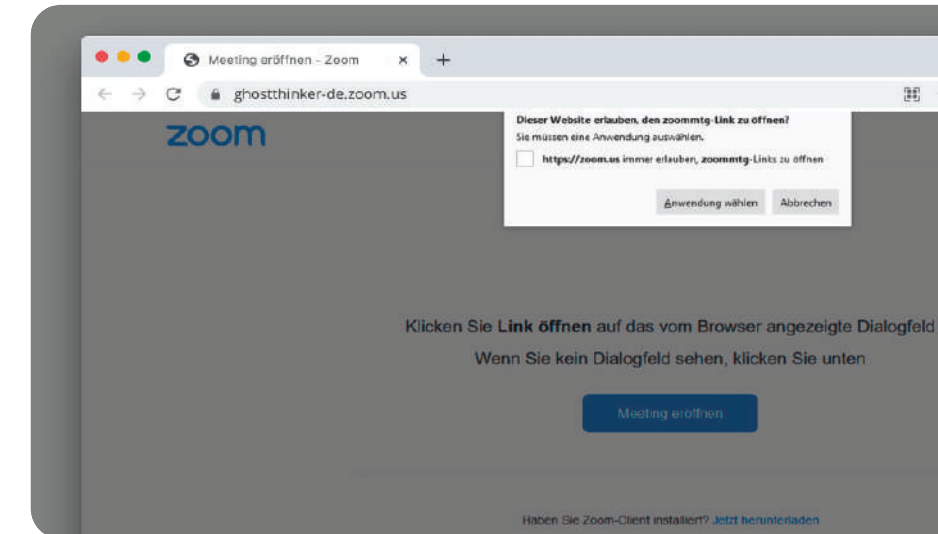
Werdet fit. Zu Hause. So gehts!

1 | First, you need to register on the platform “Edu-break” in order to join a live sports session. To do so, click the link that you find in the timetable. This will redirect you to “Edubreak” which Landes-sportbund Niedersachsen e.V. uses for online educational programs. Fill out the form with your first name (box labelled “Vorname”) and last name (box labelled “Nachname”), your e-mail-address and your place of residence (use the box labelled “Organisation” for this). Scroll down and tick the box that reads “Ich bin kein Roboter”.

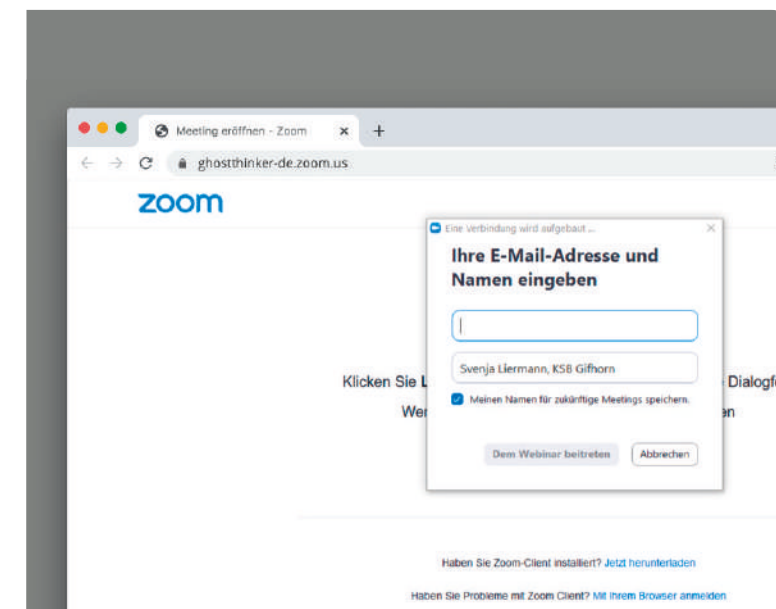
Once your information is complete, click the blue button that says “Anmelden” (see the red arrow). In a few minutes (have some patience, it can take a little while) you will receive an email containing the link that lets you join the actual sports session. Please only register once. If you didn’t receive an email containing the link (even after waiting some time) please contact Miriam Caramanos (via mcaramanos@lsb-niedersachsen.de). You can use this link all week long for every course offered during Bunte Bewegungswoche!

2 | Click this link approximately 10 minutes before your session is supposed to begin. (Again: Save the link well! The link is valid all week and can be used for every sports session.) You again are redirected to the platform „Edubreak“. Now, in order to join the sport session, click the blue button on the right that reads, „Dialog beitreten“. This will take you to the platform „Zoom“, where we host the actual video conference.

3 | We use „Zoom“ to enable you to see and hear your trainer. All issues concerning data privacy have been cleared with Landessportbund Niedersachsen e.V. and you can join the session without your data being passed on externally. Click the button „Anwendung wählen“ that pops up in your browser.



4 | Now you’re almost there; click the button „Link öffnen“ (and choose „Zoom Meetings“ as application if it isn’t already pre-selected). This redirects you into the „Zoom“ room.



5 | Zoom now asks for your name (top box) and your email address (bottom box). Please fill out this information so the trainer knows who you are. Next click the button „Dem Webinar beitreten“ (see red arrow) and the video will appear on the screen. You don’t need to activate your camera or your microphone. All that matters is that you can see and hear your trainer. If you have questions during the session, pose them in the chat. Please note that your trainer might not be able to answer right away or at all during the session, so please try to clear all issues in advance.

Findet euren passenden Kurs

Ein Handtuch oder eine Sportmatte als Unterlage sowie Trinken ist bei allen Angeboten wichtig

Level 1: Zum Herantasten, Level 2: Anstrengung steigt, Level 3: Vergesst euer Handtuch für die Schweißtropfen nicht

Zeit	Montag, 15.03.21	Dienstag, 16.03.21	Mittwoch, 17.03.21	Donnerstag, 18.03.21	Freitag, 19.03.21
09:00 - 10:00		Pilates Nina Knodel TuS Rotenburg			Yoga Viviana Trentin KSB Osterholz
10:00 - 11:00	Zumba Silvia Mengershausen MTV E. Celle	Fit mit 80er Hits Sarah Seidel TSG Nordholz	Bauch Beine Po Ayse Karaman TuS Bloherfelde		Stretching Nadine Campell MTV E. Celle
11:00 - 12:00		Mobility Training Sophie Schubert Bürgerfelder Turnerbund	Faszientraining Ute Wienberg SV Bevern	Linedance Rosetta Aiuto (10.30-11.30 Uhr)	
Mittagspause					
14:00 - 15:00			TriloChi@ Gerlind Baum TV Loxstedt		
15:00 - 16:00	Familien-Workout KSB Oldenburg-Land	Latin Dance Mix Nina Timpe SC Melle	Bauchtanz Antje Neumann Oldenburger Turnerbund	Qigong Sonja Schillo Schule für Bewegungskünste	Hip Hop Lea Brockmann TSV Hillerse/SV Leiferde
16:00 - 17:00					Move and Dance Denise Mehmke TSC Schneverdingen
17:00 - 18:00	Beweglich und Fit Michaela Wöltjen TSV Etelsen		Afrobeats für Anfänger Dave Ayissi SC Hainberg	HIIT Training Heidi Bellgardt VfL Eintracht Hannover	
18:00 - 19:00	Ringern Dimitriy Gaas TV Meppen			Karate für Einsteiger Jana Cuvrk ESV Eintracht Hameln	Kämpft euch fit (Functional Fitness Kampfsport) Philipp Keil TSV Westerhausen
19:00-20:00	Tabata Micha Nesemeyer TSV Westerhausen	Aroha Doris Nüesch TSV Otterndorf	Salsa Aerobic Sara Blum TSV Etelsen	Capoeira Nicole Hahn MTV E. Celle	

Findet euren passenden Kurs und klickt hier zur Anmeldung →

Eure Ansprechpartner*innen vor Ort

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