

Get fit, join in!

Lions Club promotes and rewards
physical activity in our schools.

01 / 07

Flieger Airplane

Wir stehen auf dem rechten Bein und neigen den Oberkörper nach vorne, das linke Bein strecken wir hinten in die Höhe und die Arme zur Seite.

Geschafft.
Jetzt fliegen wir auf dem linken Bein.

We stand on our right leg and lean our upper body forwards, stretching our left leg up behind us and our arms to the side.

Well done.
Now we fly on our left leg.





Lions' sporty lessons

"Lions' sporty lessons" bring fun and exercise into the lives of our children.

With daily exercises to strengthen their sense of balance, build physical strength, and improve coordination.

The more active the schools classes are, the better. Not only do the children learn something new every day and do something good for their bodies, they are also rewarded with valuable vouchers.

A win-win situation for students, schools and education as a whole.