



KINDER UND JUGEND - WEIBLICH

| ÜBUNG | ALTER | 6-7 | | | 8-9 | | | 10-11 | | | 12-13 | | | 14-15 | | | 16-17 | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------|---|--------|-------|--------------|--------|-------|---|--------|-------|--|--------|-------|---|--------|-------|---------------|--------|-------|------|--|--|------|--|--|------|--|--|------|--|--|------|--|--|------|--|--|------|--|--|
| | | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | | | | | | | | | | | | | | | | | | | | | |
| 800 m Lauf (in Min.) | | 5:40 | 5:00 | 4:15 | 5:35 | 4:50 | 4:10 | 5:20 | 4:40 | 4:00 | 5:10 | 4:25 | 3:45 | 5:00 | 4:20 | 3:35 | 4:50 | 4:05 | 3:25 | | | | | | | | | | | | | | | | | | | | | |
| Dauer-/Geländelauf (in Min.) | | 8:00 | 12:00 | 17:00 | 10:00 | 15:00 | 20:00 | 15:00 | 20:00 | 30:00 | 20:00 | 30:00 | 40:00 | 30:00 | 40:00 | 50:00 | 45:00 | 60:00 | 75:00 | | | | | | | | | | | | | | | | | | | | | |
| Schwimmen (in Min.) | | 200 m | | | | | | | | | 400 m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 8:30 | 7:00 | 5:35 | 8:05 | 6:45 | 5:20 | 7:40 | 6:25 | 5:10 | 14:40 | 12:40 | 10:35 | 13:05 | 11:40 | 10:05 | 11:55 | 10:45 | 9:05 | | | | | | | | | | | | | | | | | | | | | |
| Radfahren (in Min.) | | 5 km | | | | | | 10 km | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 27:00 | 24:00 | 21:00 | 56:00 | 47:30 | 39:30 | 50:00 | 44:00 | 37:00 | 44:30 | 38:30 | 33:30 | 41:00 | 35:30 | 31:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| Schlagball (80 g) (in m) | | Schlagball | | | | | | | | | Wurfball | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wurfball (200 g) (in m) | | 6,00 | 9,00 | 13,00 | 9,00 | 12,00 | 15,00 | 11,00 | 15,00 | 18,00 | 16,00 | 19,00 | 23,00 | 20,00 | 24,00 | 27,00 | 24,00 | 27,00 | 32,00 | | | | | | | | | | | | | | | | | | | | | |
| Kugelstoßen (3 kg, in m) | | 3 kg | | | | | | | | | 3 kg | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 4,75 | 5,25 | 5,75 | 5,50 | 6,00 | 6,50 | 5,75 | 6,25 | 6,75 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Standweitsprung (in m) | | 1,05 | 1,25 | 1,40 | 1,15 | 1,30 | 1,50 | 1,30 | 1,45 | 1,65 | 1,40 | 1,60 | 1,80 | 1,55 | 1,70 | 1,90 | 1,65 | 1,80 | 2,00 | | | | | | | | | | | | | | | | | | | | | |
| Gerätturnen | | Boden | | | Boden | | | Barren | | | Reck | | | Boden | | | Reck | | | | | | | | | | | | | | | | | | | | | | | |
| Laufen (in Sek.) | | 30 m | | | | | | 50 m | | | | | | 100 m | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 8,1 | 7,2 | 6,4 | 7,7 | 6,9 | 6,0 | 11,2 | 10,3 | 9,3 | 10,6 | 9,8 | 9,0 | 18,1 | 16,5 | 14,9 | 17,1 | 15,8 | 14,5 | | | | | | | | | | | | | | | | | | | | | |
| | | 46,5 | 37,5 | 29,5 | 42,0 | 34,0 | 28,0 | 39,0 | 31,5 | 25,5 | 35,0 | 29,0 | 23,5 | 33,0 | 27,5 | 21,5 | 30,5 | 25,5 | 20,0 | | | | | | | | | | | | | | | | | | | | | |
| 25 m Schwimmen (in Sek.) | | - | | | 41,0 | 36,0 | 31,0 | 37,0 | 32,0 | 27,0 | 31,0 | 27,0 | 23,5 | 27,0 | 24,5 | 21,5 | 25,0 | 22,5 | 20,0 | | | | | | | | | | | | | | | | | | | | | |
| 200 m Radfahren (fl. Start, in Sek.) | | - | | | 41,0 | 36,0 | 31,0 | 37,0 | 32,0 | 27,0 | 31,0 | 27,0 | 23,5 | 27,0 | 24,5 | 21,5 | 25,0 | 22,5 | 20,0 | | | | | | | | | | | | | | | | | | | | | |
| Gerätturnen | | Sprung | | | Boden | | | Sprung | | | Sprung | | | Sprung | | | Sprung | | | | | | | | | | | | | | | | | | | | | | | |
| Hochsprung (in m) | | 0,80 | | | | | | 0,90 | | | 1,00 | | | 0,90 | | | 1,00 | | | 1,10 | | | 0,95 | | | 1,05 | | | 1,15 | | | 1,05 | | | 1,15 | | | 1,25 | | |
| Weitsprung (in m) | | Zonenweitsprung | | | | | | | | | Weitsprung | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Zonenweitsprung (in Punkten) | | 4 | 5 | 6 | 6 | 7 | 8 | 2,30 | 2,60 | 2,90 | 2,80 | 3,10 | 3,40 | 3,20 | 3,50 | 3,80 | 3,40 | 3,70 | 4,00 | | | | | | | | | | | | | | | | | | | | | |
| Zonenweitwurf (in Punkten) | | Zonenweitwurf | | | | | | | | | Schleuderball | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Schleuderball (1 kg, in m) | | 1 | 2 | 3 | 2 | 3 | 4 | 3 | 4 | 5 | 17,00 | 20,00 | 23,00 | 19,50 | 23,00 | 26,50 | 22,00 | 25,50 | 29,00 | | | | | | | | | | | | | | | | | | | | | |
| Seilspringen | | Grundsprung vorwärts mit oder ohne Zwischensprung ODER Galoppschritt | | | | | | Grundsprung vorwärts ohne Zwischensprung | | | Grundsprung rückwärts ohne Zwischensprung | | | Kreuzdurchschlag ohne Zwischensprung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10 | 15 | 25 | 10 | 15 | 25 | 20 | 30 | 40 | 10 | 15 | 25 | 10 | 15 | 20 | 10 | 15 | 20 | | | | | | | | | | | | | | | | | | | | | |
| Gerätturnen | | Schwebebalken | | | Reck | | | Ringe | | | Boden | | | Boden | | | Boden | | | | | | | | | | | | | | | | | | | | | | | |

Jede/r kann das Deutsche Sportabzeichen machen. Jedes Jahr. Auch ohne Mitglied in einem Sportverein zu sein. Aus jeder der vier Disziplingruppen kann man eine Disziplin frei wählen. Ganz nach den eigenen, individuellen Neigungen und Stärken. Schwimmen musst Du (können). Der Nachweis kann auf unterschiedliche Weise erfolgen. Diesen Tabellen kannst Du entnehmen, welche Leistungen Du in den von Dir gewählten Disziplinen erfüllen musst!

Die Einbindung der Mitgliedsorganisationen des DOSB erfolgt durch die Anerkennung von verschiedenen sportartspezifischen Leistungsabzeichen (Verbandsabzeichen). Alle Landes-sportbünde mit ihren Vereinen und die Sportämter geben gerne Auskunft, wo Training und Prüfungen möglich sind.

Weitere Infos rund um das Deutsche Sportabzeichen findest Du auf der Internetseite www.deutsches-sportabzeichen.de.

Leistungsstufen Einzeldisziplin:
■ 1 Punkt, ■ 2 Punkte, ■ 3 Punkte

Gesamtleistung:
 Bronze 4-7 Punkte, Silber 8-10 Punkte, Gold 11-12 Punkte

Alle vier Leistungen müssen mindestens auf der Leistungsstufe Bronze erbracht werden, plus Nachweis Schwimmfertigkeit.

KINDER UND JUGEND - MÄNNLICH

| ÜBUNG | ALTER | 6-7 | | | 8-9 | | | 10-11 | | | 12-13 | | | 14-15 | | | 16-17 | | | | | | | | | | | | | | | | | | | | | | | |
|---|-------|---|--------|-------|--------------|--------|-------|---|--------|-------|--|--------|-------|---|--------|-------|---------------|--------|-------|------|--|--|------|--|--|------|--|--|------|--|--|------|--|--|------|--|--|------|--|--|
| | | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | Bronze | Silber | Gold | | | | | | | | | | | | | | | | | | | | | |
| 800 m Lauf (in Min.) | | 5:40 | 5:00 | 4:15 | 5:25 | 4:40 | 3:55 | 5:05 | 4:20 | 3:35 | 4:45 | 4:00 | 3:15 | 4:20 | 3:40 | 2:50 | 3:50 | 3:05 | 2:25 | | | | | | | | | | | | | | | | | | | | | |
| Dauer-/Geländelauf (in Min.) | | 10:00 | 15:00 | 20:00 | 12:00 | 17:00 | 23:00 | 17:00 | 25:00 | 35:00 | 25:00 | 35:00 | 45:00 | 35:00 | 45:00 | 60:00 | 55:00 | 70:00 | 90:00 | | | | | | | | | | | | | | | | | | | | | |
| Schwimmen (in Min.) | | 200 m | | | | | | | | | 400 m | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 8:25 | 7:00 | 5:30 | 8:05 | 6:40 | 5:20 | 7:30 | 6:20 | 5:05 | 14:25 | 12:25 | 10:20 | 12:55 | 11:05 | 9:20 | 11:30 | 10:00 | 8:30 | | | | | | | | | | | | | | | | | | | | | |
| Radfahren (in Min.) | | 5 km | | | | | | 10 km | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 26:30 | 23:30 | 20:30 | 54:00 | 45:30 | 37:30 | 47:30 | 41:00 | 35:00 | 41:00 | 36:00 | 31:00 | 36:30 | 31:30 | 27:30 | | | | | | | | | | | | | | | | | | | | | | | | |
| Schlagball (80 g) (in m) | | Schlagball | | | | | | | | | Wurfball | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Wurfball (200 g) (in m) | | 12,00 | 15,00 | 17,00 | 17,00 | 20,00 | 23,00 | 21,00 | 25,00 | 28,00 | 26,00 | 30,00 | 33,00 | 30,00 | 34,00 | 37,00 | 32,00 | 36,00 | 40,00 | | | | | | | | | | | | | | | | | | | | | |
| Kugelstoßen (3 kg, in m) | | 3 kg | | | | | | | | | 4 kg | | | 5 kg | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 6,25 | 6,75 | 7,25 | 7,00 | 7,50 | 8,00 | 7,50 | 8,00 | 8,50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Standweitsprung (in m) | | 1,30 | 1,45 | 1,65 | 1,35 | 1,55 | 1,75 | 1,55 | 1,75 | 1,95 | 1,75 | 1,95 | 2,10 | 1,90 | 2,10 | 2,30 | 2,05 | 2,25 | 2,45 | | | | | | | | | | | | | | | | | | | | | |
| Gerätturnen | | Boden | | | Boden | | | Barren | | | Reck | | | Boden | | | Reck | | | | | | | | | | | | | | | | | | | | | | | |
| Laufen (in Sek.) | | 30 m | | | | | | 50 m | | | | | | 100 m | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 7,7 | 6,8 | 6,0 | 7,2 | 6,4 | 5,7 | 11,0 | 10,0 | 9,1 | 10,4 | 9,6 | 8,8 | 16,3 | 15,0 | 13,6 | 15,3 | 14,1 | 12,9 | | | | | | | | | | | | | | | | | | | | | |
| | | 41,5 | 33,5 | 27,0 | 38,5 | 31,0 | 25,5 | 35,0 | 29,0 | 24,0 | 33,0 | 27,0 | 22,5 | 31,0 | 25,5 | 20,5 | 29,5 | 24,5 | 19,0 | | | | | | | | | | | | | | | | | | | | | |
| 25 m Schwimmen (in Sek.) | | - | | | 38,0 | 33,0 | 28,0 | 35,0 | 30,5 | 26,0 | 29,5 | 26,0 | 22,5 | 24,0 | 21,5 | 19,0 | 22,0 | 19,5 | 17,0 | | | | | | | | | | | | | | | | | | | | | |
| 200 m Radfahren (fl. Start, in Sek.) | | - | | | 38,0 | 33,0 | 28,0 | 35,0 | 30,5 | 26,0 | 29,5 | 26,0 | 22,5 | 24,0 | 21,5 | 19,0 | 22,0 | 19,5 | 17,0 | | | | | | | | | | | | | | | | | | | | | |
| Gerätturnen | | Sprung | | | Boden | | | Sprung | | | Sprung | | | Sprung | | | Sprung | | | | | | | | | | | | | | | | | | | | | | | |
| Hochsprung (in m) | | 0,85 | | | | | | 0,95 | | | 1,05 | | | 0,95 | | | 1,05 | | | 1,15 | | | 1,10 | | | 1,20 | | | 1,30 | | | 1,20 | | | 1,30 | | | 1,40 | | |
| Weitsprung (in m) | | Zonenweitsprung | | | | | | | | | Weitsprung | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Zonenweitsprung (in Punkten) | | 4 | 5 | 6 | 7 | 8 | 9 | 2,60 | 2,90 | 3,20 | 3,20 | 3,50 | 3,80 | 3,80 | 4,10 | 4,40 | 4,30 | 4,60 | 4,90 | | | | | | | | | | | | | | | | | | | | | |
| Zonenweitwurf (in Punkten) | | Zonenweitwurf | | | | | | | | | Schleuderball | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Schleuderball (1 kg, in m) | | 3 | 4 | 5 | 4 | 5 | 6 | 6 | 7 | 8 | 19,50 | 22,50 | 25,50 | 23,50 | 26,50 | 29,50 | 27,50 | 30,50 | 33,50 | | | | | | | | | | | | | | | | | | | | | |
| Seilspringen | | Grundsprung vorwärts mit oder ohne Zwischensprung ODER Galoppschritt | | | | | | Grundsprung vorwärts ohne Zwischensprung | | | Grundsprung rückwärts ohne Zwischensprung | | | Kreuzdurchschlag ohne Zwischensprung | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | 10 | 15 | 25 | 10 | 15 | 25 | 20 | 30 | 40 | 10 | 15 | 25 | 10 | 15 | 20 | 10 | 15 | 20 | | | | | | | | | | | | | | | | | | | | | |
| Gerätturnen | | Schwebebalken | | | Reck | | | Ringe | | | Boden | | | Boden | | | Boden | | | | | | | | | | | | | | | | | | | | | | | |