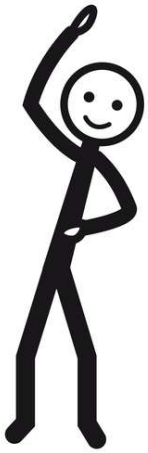
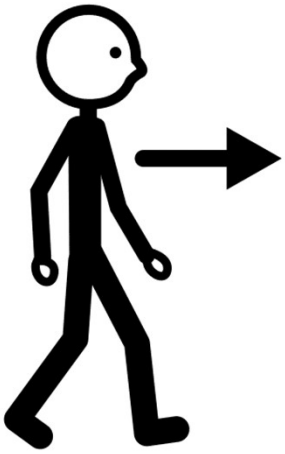


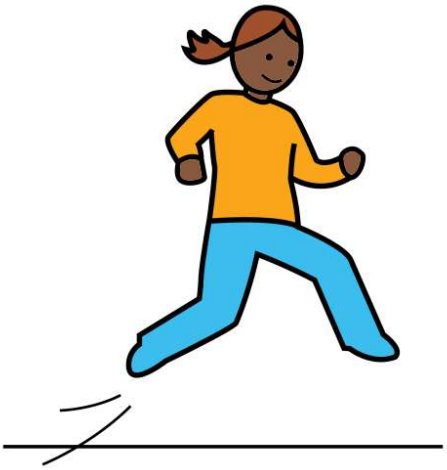
träning
harjoitus

värma upp
lämmitellä



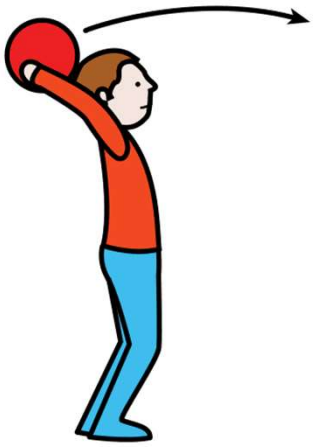
gå
kävellä

springa
juosta



hoppa
hypätä

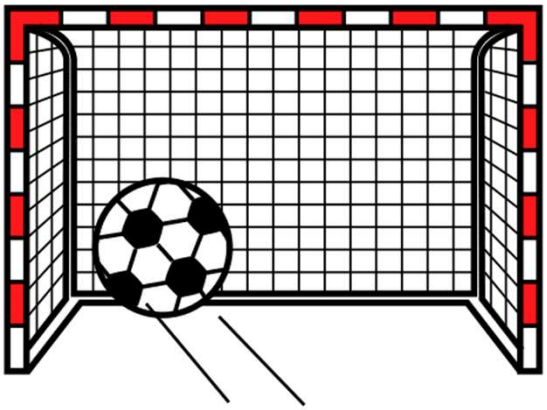
hoppa jämfota
hypätä tasajalkaa



kasta
heittää

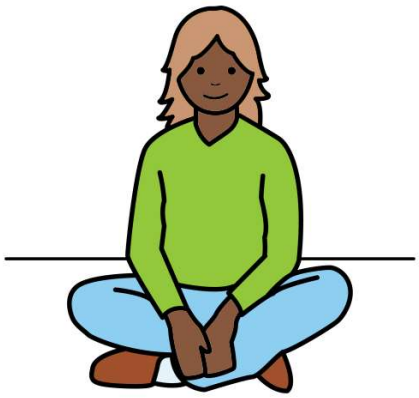
fånga
ottaa kiinni

sparka
potkaista



göra mål
tehdä maali

stå
seisoa

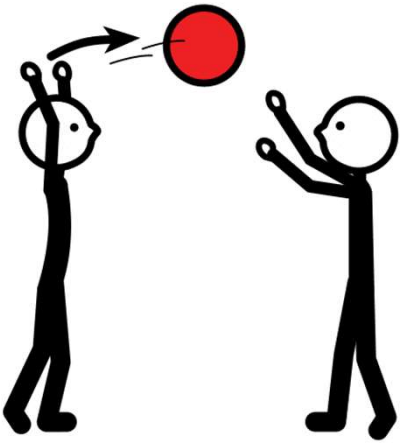


sitta
istua

smyga
hiipiä

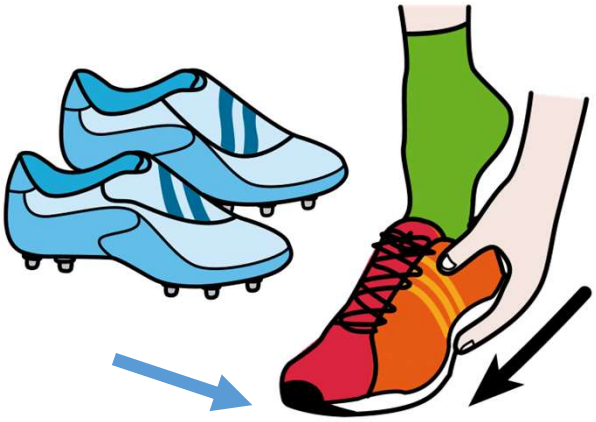
stretcha
venytellä

vrida på sig
taivutella

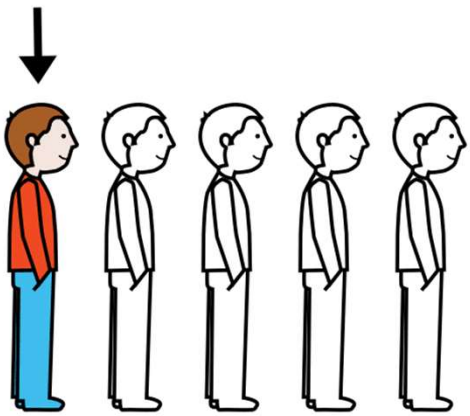


passa
syöttää

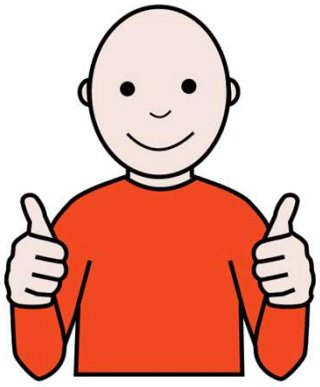
försvara
puolustaa



byta skor
vaihtaa kengät



bakom
takana



heja
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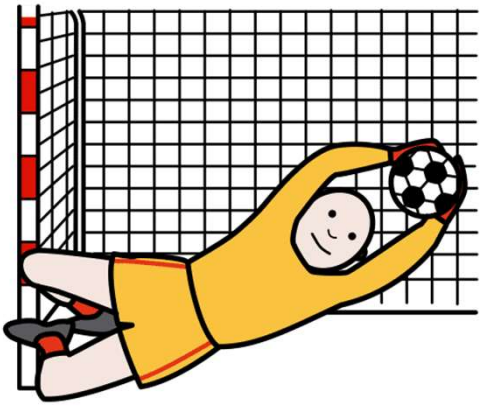
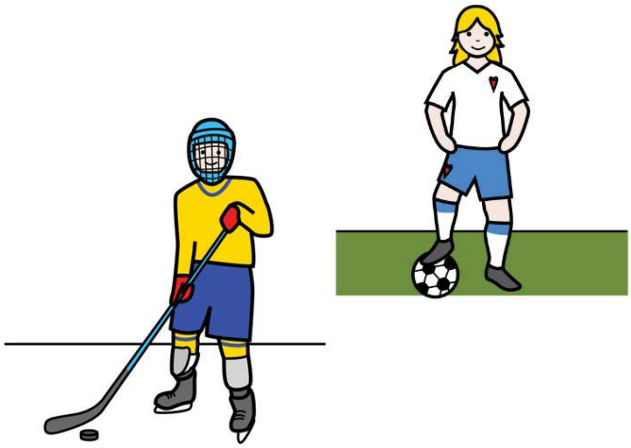
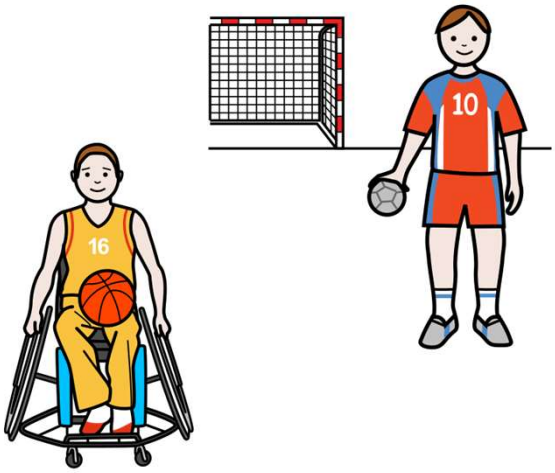


målvakt
maalivahti



spelare
pelaaja



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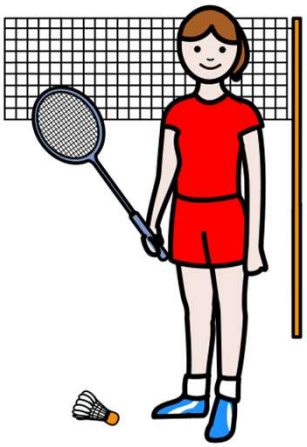

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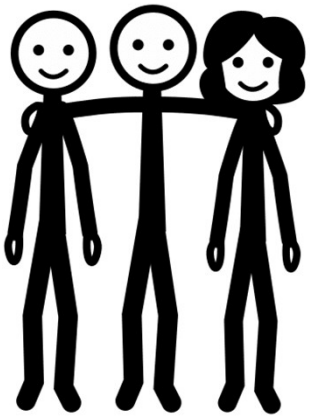
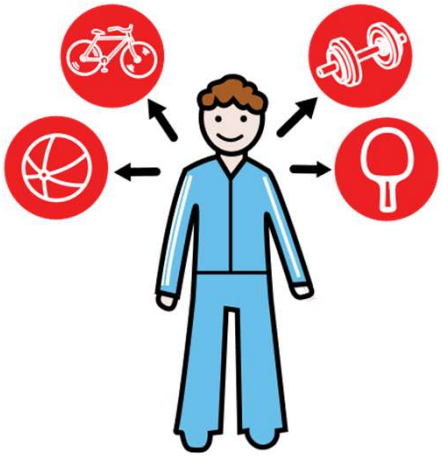
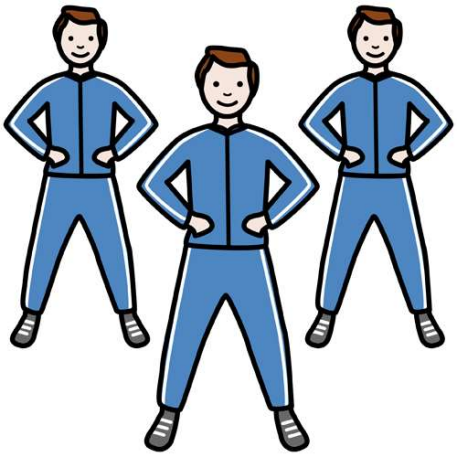


kompis
kaveri

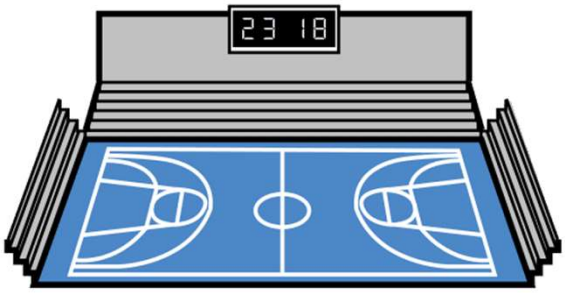


ledare
ohjaaja



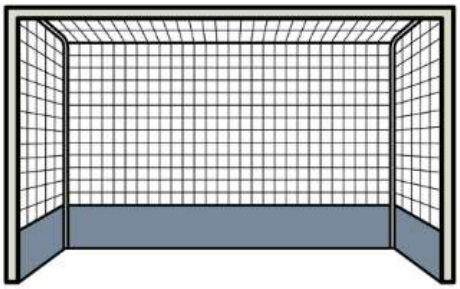
lag / grupp
joukkue/ryhmä

laganda
joukkuehenki

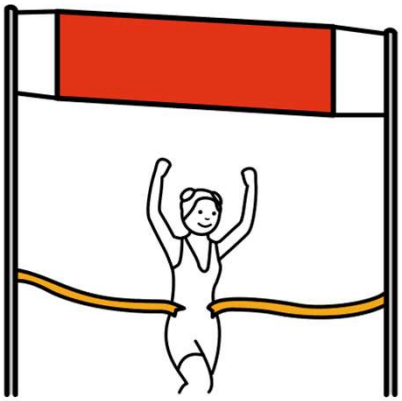


plan
kenttä

drickpaus
juomatauko

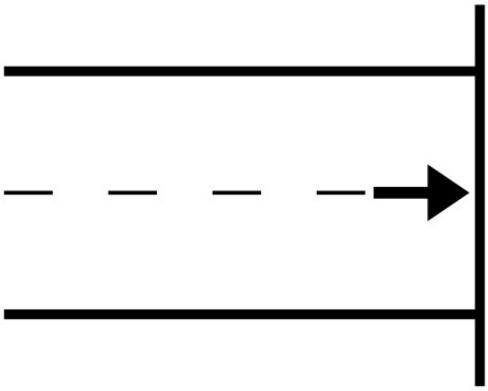


mål
maali



mål
maali

vila/ paus
lepo / tauko



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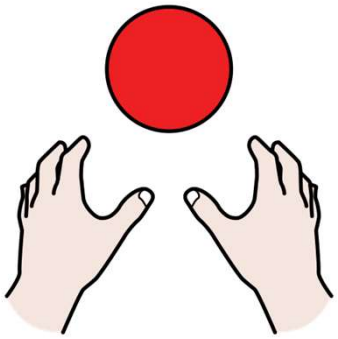
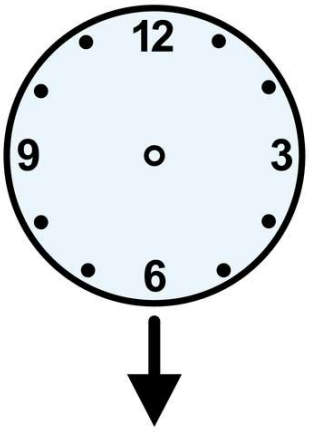


ställa upp mål
(inför tävling)
asettaa tavoite

ont
kipu



först
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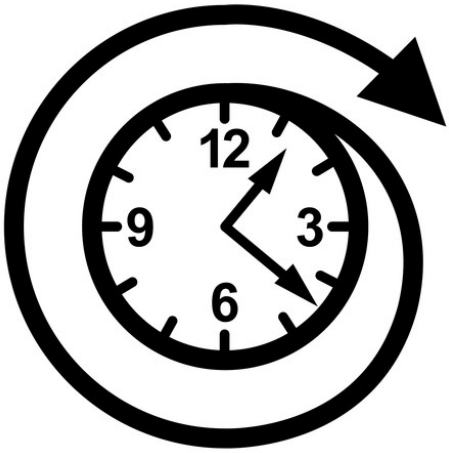

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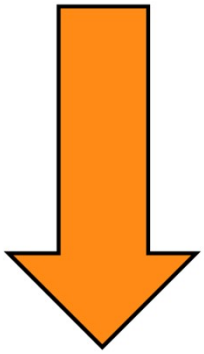

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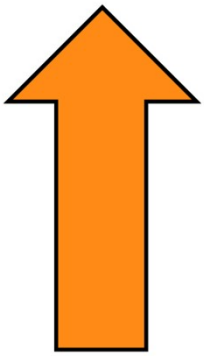

upp
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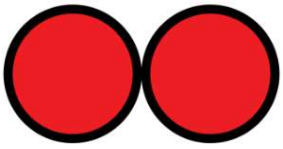
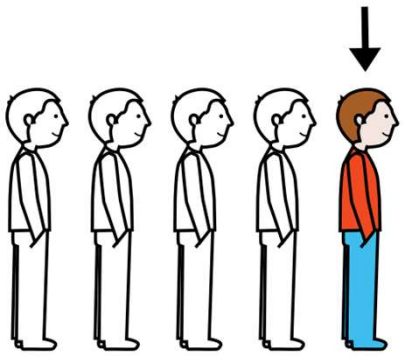
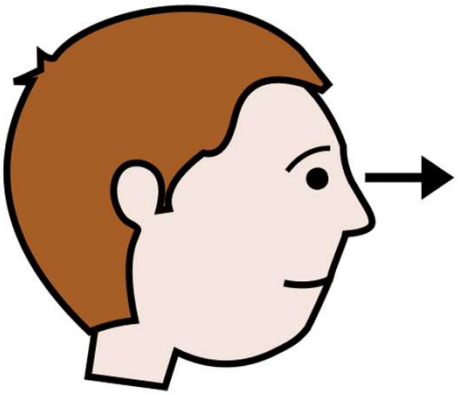


bredvid
vieressä



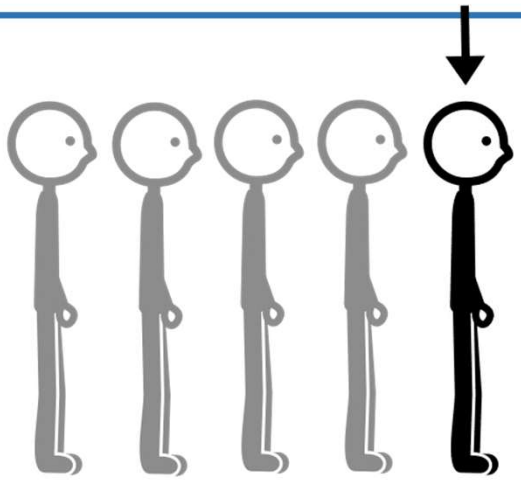
framför
edessä

lyssna
kuunnella

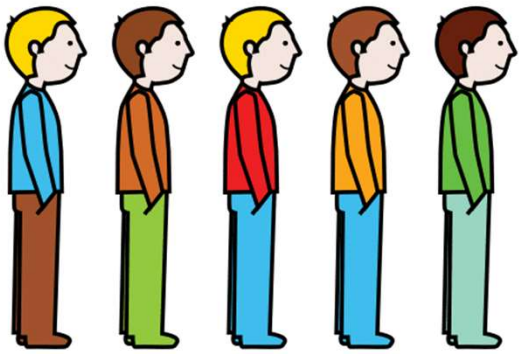


titta/se
katsoa

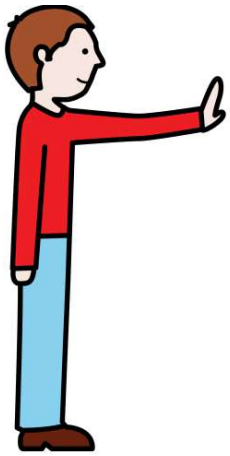
parvis
pareittain



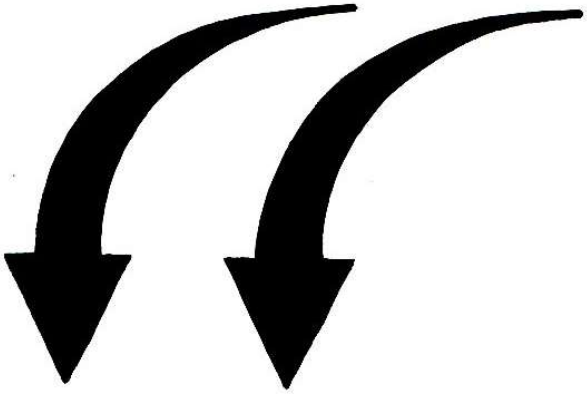
en i gången
yksi kerrallaan



stå i kö
seistä jonossa

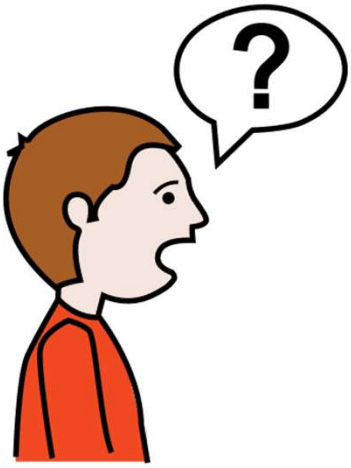


vänta
odota



på nytt
uudestaan

ta tid
ottaa aikaa



fråga
kysyä

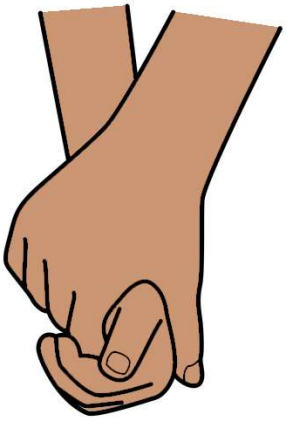
svara
vastata

samling
kokoontuminen

match/tävling
ottelu/ kilpailu

leka
leikkiä

leka nata
leikkiä hippaa



tillsammans
yhdessä

hjälpa varandra
auttaa toisiaan

Idrottsknippe
Liikuntanippu

folkhälsan

www.folkhalsan.fi/visuellt

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