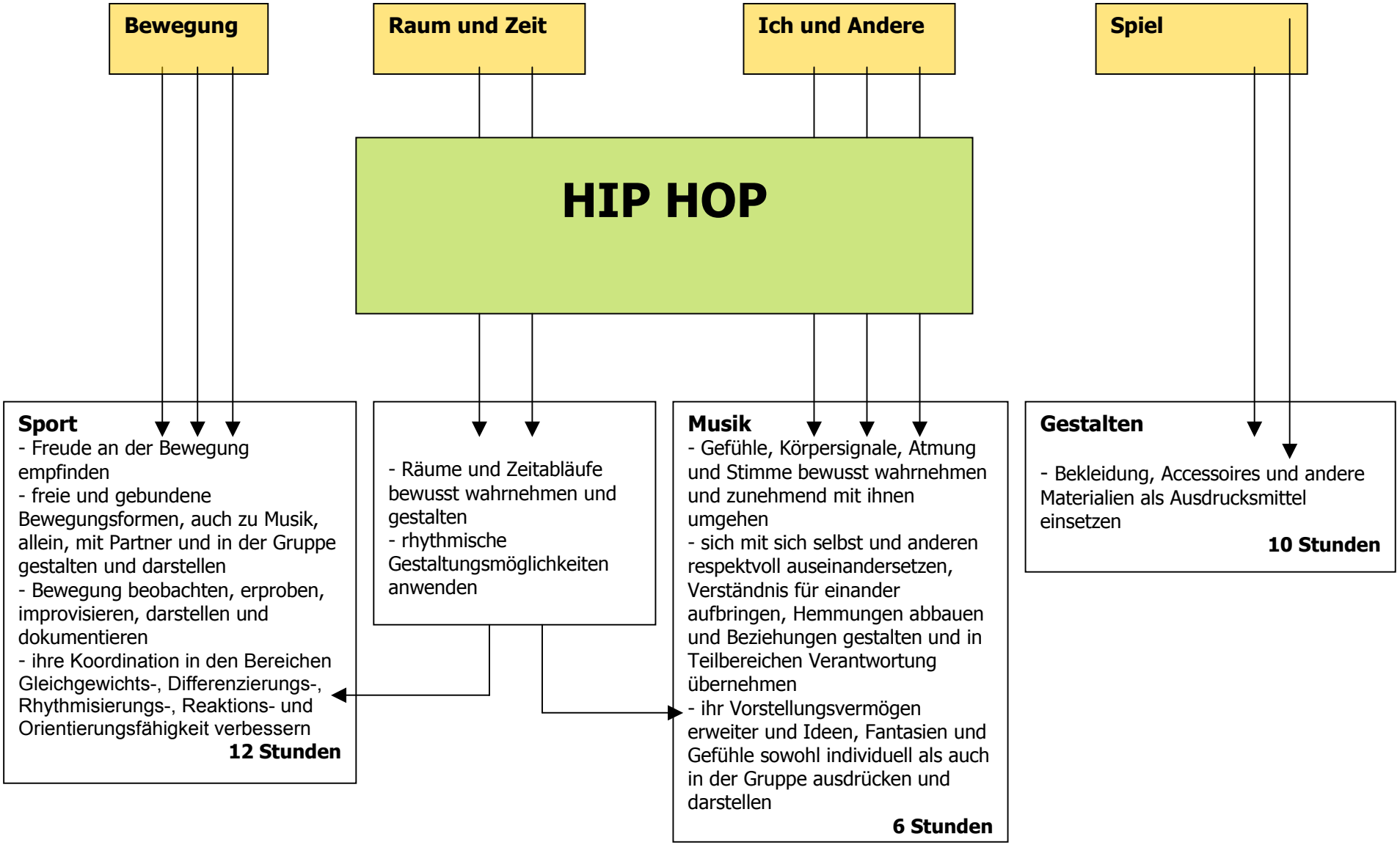Musik – Sport Gestalten Projekt Klasse 5 – 28 Unterrichtsstunden