

Spring Term Timetable
for Physical Education
Grades 8 & 9

Mondays at 10:15-11:45 (Grade 9.) and 14:30-16:00 (Grade 8.)

Week	Day	Subject	Equipment	Location
2	8.1.	Ballgames(G)/Swimming(B)	Indoor/Swimming gear	Gym/Raksila
3	15.1.	Ballgames(G)/Swimming(B)	Indoor/Swimming gear	Gym/Raksila
4	22.1.	Swimming(G)/Ballgames(B)	Indoor/Swimming gear	Gym/Raksila
5	29.1.	Swimming(G)/Ballgames(B)	Indoor/Swimming gear	Gym/Raksila
6	5.2.	Skiing(G)/Skating(B)	Skates +helmet/Skis	School/Raksila
7	12.2.	Skiing(G)/Skating(B)	Skates +helmet/Skis	School/Raksila
8	19.2.	Skating(G)/Skiing(B)	Skates +helmet/Skis	School/Raksila
9	26.2	Skating (G)Skiing(B)	Skates +helmet/Skis	School/Raksila
10		Skiing Holiday	Enjoy and relax	
11	12.3.	City Battle	Indoor P.E. clothing	Gym
12	19.3.	Sledding	Own sled, slider eg.	Raksila
13	26.3.	Muscle tests	Indoor P.E. clothing	Gym
14		Easter Holiday	Enjoy and relax	
15	9.4	Bowling	Costs around 3 euros/student	Heinäpää
16	16.4.	Jogging(B)/Gymnastics(G)	Indoor P.E. clothing	Gym
17	23.4	Jogging(G)/Gymnastics(B)	Indoor P.E. clothing	Gym
18	30.4	May Day		
19	7.5.	Finnish Baseball(G)/Ball games(B)	Outdoor P.E. clothing	Sand field
20	14.5.	Finnish Baseball(G)/Ball games(B)	Outdoor P.E. clothing	Sand field
21	21.5.	Finnish Baseball (B)/Ball games (G)	Outdoor P.E. clothing	Sand field

- Weather conditions may alter the plan.
- Always bring appropriate clothing and **a small towel** for P.E. lessons! **Remember to take a shower after P.E. lessons when it is possible.** This is a part of your personal hygiene.
- **ALWAYS FOLLOW** the instructions and safety precautions given by the teacher.
- Support and respect others' efforts during P.E lessons. Do not take pleasure in others' misfortunes.
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