

Spring Term Timetable for Physical Education
 Grade 7
 Wednesdays 8.15-9.45

Week	Day	Subject	Equipment	Location
2	10.1.	Ballgames(G)/Swimming(B)	Indoor/Swimming gear	Gym/Raksila
3	17.1.	Ballgames(G)/Swimming(B)	Indoor/Swimming gear	Gym/Raksila
4	24.1.	Swimming(G)/Ballgames(B)	Indoor/Swimming gear	Gym/Raksila
5	31.1.	Swimming(G)/Ballgames(B)	Indoor/Swimming gear	Gym/Raksila
6	7.2.	Skiing(G)/Skating(B)	Skates +helmet/Skis	School/Raksila
7	14.2.	Skiing(G)/Skating(B)	Skates +helmet/Skis	School/Raksila
8	21.2.	Skating(G)/Skiing(B)	Skates +helmet/Skis	School/Raksila
9	28.2	Skating (G)Skiing(B)	Skates +helmet/Skis	School/Raksila
10		Skiing Holiday	Enjoy and relax	
11	14.3.	City Battle	Indoor P.E. clothing	Gym
12	21.3.	Sledding	Own sled, slider eg.	Raksila
13	28.3.	Muscle tests	Indoor P.E. clothing	Gym
14	4.4	Ballgames	Indoor P.E. clothing	Gym
15	11.4	Bowling	Costs around 3 euros/student	Heinäpää
16	18.4.	Jogging(B)/Gymnastics(G)	Indoor P.E. clothing	Gym
17	25.4	Jogging(G)/Gymnastics(B)	Indoor P.E. clothing	Gym
18	2.5	Finnish Baseball/Ballgames	Outdoor P.E clothing	Sandfield/ School yard
19	9.5.	Finnish Baseball/Ballgames	Outdoor P.E. clothing	Sandfield/ School yard
20	16.5.	Finnish Baseball/Ballgames	Outdoor P.E. clothing	Sandfield/ School yard
21	23.5.	Finnish Baseball/Ballgames	Outdoor P.E. clothing	Sandfield/ School yard

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- 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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