

Autumn Term Timetable  
 For Physical Education  
 Grade 7  
 Wednesday at 8:15-9:45



Week	Day	Subject	Equipment	Location
34	23.8.	Outdoor games	Tracksuit & trainers	Sand field
35	30.8	Track & field G/Soccer B	Tracksuit & trainers	Raatti/School
36	6.9	Track & field/Soccer B	Tracksuit & trainers	Raatti/School
37	13.9.	Swimming B/Soccer G	Swim / Outdoor gear	Raksila/School
38	20.9.	Swimming B/Soccer G	Swim / Outdoor gear	Raksila/School
39	27.9.	Swimming G/ Track & field B	Swim / Outdoor gear	Raksila/School
40	4.10.	Swimming G/ Track & field B	Swim / Outdoor gear	Raksila/School
41	11.10.	Orienteering	Outdoor P.E. clothing	Hietasaari
42	18.10.	Orienteering	Outdoor P.E. clothing	Hietasaari
43		<b>Autumn Holiday</b>	Enjoy and relax!	
44	1.11	Dancing	Indoor P.E. clothing	Gym
45	8.11	Dancing	Indoor P.E. clothing	Gym
46	15.11.	Gym G/Floorball B	Indoor P.E. clothing	Urheilutalo/Gym
47	22.11.	Gym B/Floorball G	Indoor P.E. clothing	Urheilutalo/Gym
48	29.11.	Gym B+G	Indoor P.E. clothing	Urheilutalo
49	6.12.	Independence day		
50	13.12.	Functional training	Indoor P.E. clothing	Gym
51	20.12.	City battle	Indoor P.E. clothing	Gym
52		Christmas holiday		

- Weather conditions may alter the plan. If it`s raining, bring indoor clothing with you.
- 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.
- **Contact information:**  
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