

Autumn Term Timetable  
 For Physical Education  
 Grade 8  
 Monday at 14:30-16:00



Week	Day	Subject	Equipment	Location
34	21.8.	Outdoor games	Tracksuit & trainers	Sand field
35	28.8	Track & field G/Soccer B	Tracksuit & trainers	Raatti/School
36	4.9	Track & field/Soccer B	Tracksuit & trainers	Raatti/School
37	11.9.	Swimming B/Soccer G	Swim / Outdoor gear	Raksila/School
38	18.9.	Swimming B/Soccer G	Swim / Outdoor gear	Raksila/School
39	25.9.	Swimming G/ Track & field B	Swim / Outdoor gear	Raksila/School
40	2.10.	Swimming G/ Track & field B	Swim / Outdoor gear	Raksila/School
41	9.10.	Orienteering	Outdoor P.E. clothing	Hietasaari
42	16.10.	Orienteering	Outdoor P.E. clothing	Hietasaari
43		<b>Autumn Holiday</b>	Enjoy and relax!	
44	30.10	Dancing	Indoor P.E. clothing	Gym
45	6.11	Dancing	Indoor P.E. clothing	Gym
46	13.11.	Floorball G/Basketball B	Indoor P.E. clothing	Värtön urheiluhalli/Gym
47	20.11.	Floorball G/Basketball B	Indoor P.E. clothing	Värtön urheiluhalli /Gym
48	27.11.	Floorball B/Basketball G	Indoor P.E. clothing	Värtön urheiluhalli/Gym
49	4.12.	Floorball B/Basketball G	Indoor P.E clothing	Värtön urheiluhalli/Gym
50	11.12.	Functional training	Indoor P.E. clothing	Gym
51	18.12.	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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