

P.E. SCHEDULE**8th grade****FALL 2018**

WEEK	SPORT	LOCATION	REMEMBER!
33	First info	School gym	
34	Volleyball	School gym	
35	Football	Pyynikin urheilukenttä	
36	Football	Pyynikin urheilukenttä	
37	Volleyball	School gym	
38	Floorball	School gym	
39	Track and Field	Pyynikin urheilukenttä	
40	Orienteering	Pyynikki ridge	Gathering at Pyynikki tower
41	Orienteering	Pyynikki ridge	Gathering at Pyynikki tower
42	AUTUMN HOLIDAY		
43	Floorball	School gym	
44	Swimming	Pyynikin uimahalli	
45	Swimming	Pyynikin uimahalli	
46	Futsal	School gym	
47	Basketball	School gym	
48	Boxing	Nääshalli	
49	Sword fighting	Nääshalli	
50	Dance	School gym	Mixed group, wash hands!
51	Games and play	School gym	

Have a nice semester!

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Thursday classes		Where?
33	Move! test practice	School gym
34	Move! test practice	School gym
35	Move! test	School gym
36	Move! test	School gym
37	Move! test	School gym
38	Interval running	Gathering at cafeteria lobby
39	Supplementary exercise	Nääshalli
40	Staircase running (endurance)	Tipotie
41	Supplementary exercise (speed)	School gym
42	AUTUMN HOLIDAY	
43	Floorball	School gym
44	Strength training (strength)	Nääshalli
45	Stretching (mobility)	Nääshalli
46	Futsal	School gym
47	Basketball	School gym
48	Motor skills	Nääshalli
49	Balance	Nääshalli
50	Dance	School gym
51	Games and play	School gym

Thursday's classes are reserved for exercising different aspects of physical activity.

These are:

- Endurance
- Mobility
- Speed
- Strength
- Motor skills