

P.E. SCHEDULE**8th grade****Spring 2019**

WEEK	SPORT	LOCATION	REMEMBER!
2	Ice games	Koulukadun kenttä	Pakkasraja -17 C
3	X-country skiing	Pyynikki	Gathering at the school
4	Floorball	School gym	
5	Badminton	School gym	
6	X-country skiing	Pyynikki	Gathering at the school
7	MULTIDISCIPLINARY WEEK		
8	Basketball	School gym	
9	WINTER HOLIDAY		
10	Ice games	Koulukadun kenttä	Pakkasraja -17 C
11	Dance	School gym	
12	X-country skiing	Pyynikki	Gathering at the school
13	Gymnastics	School gym	
14	Gymnastics	School gym	
15	Swimming	Pyynikin uimahalli	
16	Swimming	Pyynikin uimahalli	
17	EASTER MONDAY		
18	Futsal	School gym	
19	Football	Pyynikin urheilukenttä	
20	Finnish Baseball	Tipotie	
21	Your choice	School gym	

Have a nice semester!

joonas.jokinen1@tampere.fi

Whatsapp: 040 806 4760

Thursday classes		Where?
2	Nordic walking (endurance)	Outside
3	Nordic walking (endurance)	Outside
4	Floorball (motor skills)	School gym
5	Dodgeball (motor skills)	School gym
6	Exercise	Nääshalli
7	MULTIDISCIPLINARY WEEK	
8	Basketball (motor skills)	School gym
9	WINTER HOLIDAY	
10	Supplementary exercise (speed)	Nääshalli
11	Dance	School gym
12	Yoga (mobility)	Nääshalli
13	Strength training (strength)	School gym
14	Balance training	School gym
15	Sword fighting (motor skills)	Nääshalli
16	Self defence	Nääshalli
17	Air track	School gym
18	Futsal	School gym
19	Staircase running	Tipotie
20	Running (endurance)	Outside
21	Something fun	Somewhere

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

These are:

- Endurance
- Mobility
- Speed
- Strength
- Motor skills