

Sporty school day on 14th February at PATE 5th – 6th grade pupil's school

On Valentine's Day we were able to explore a variety of sport also renews the particular forms of exercise with our school students. The school day was organized by POKALI sport association and Nordplus - programme funded the day through the project "Be active. Stay healthy!". Students had a chance to visit the moving five different sports point during the school day in groups.

The amount of pupils 134 ...all 5th to 6th grade pupils

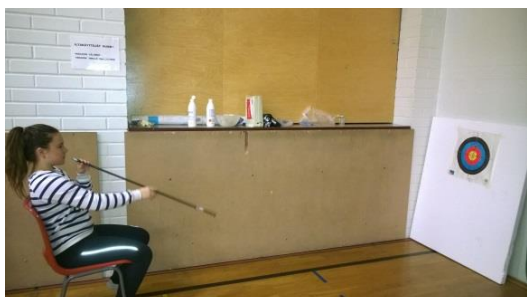
The pupils divided into five groups

Five activity points... 25minutes time in one activity

	Group 1	Group 2	Group 3	Group 4	Group 5
9 – 9.30	1 = PE class	2 = PE class	3 = class 122 and 123	4 = class 118	5 = in the hall downstairs
9.30 - 10	5	1	2	3	4
10 – 10.30	4	5	1	2	3
10.30 – 11	lunch	lunch	lunch	1	2
11 – 11.30	3	4	5	lunch	lunch
11.30 - 12	2	3	4	5	1

Activities:

1. PE class 1 : parkour
2. PE class 2: belly boarding
3. Class 122 and 123: laser gun shooting and dart
4. Class 118: volleyball sitting on the floor
5. Hall: stretching and relaxing with a ball



blow dart



laser gun shooting



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belly boarding



skill hopping and constructing



volleyball sitting on the floor



parkouria



This project has been funded with the support from NordPlus programme





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emit- orienteering on the hall ways

stretching and relaxing with a ball