

PE lessons in Stockholm.

time of the activity	place of the activity	name of the activity	description of the activity	equipment	students
1. 9.30 (Hugo, Mónica, Tiia)	outdoor field	warming - up	1. running – 5 min. 2. stretching – 10 min. 3. passing games – 15 min 4. relays -15 min.	1.- 2. - 3. 6 football balls, 30 bibs 12 cones, 4.-	60
2. 10.20 (Hugo, Mónica, Tiia)	outdoor	resting, organising	we divide students into 2 groups of 30 (A and B)		
3. 10.45 (Mónica, Tiia)	music room	dancing	1. first steps to rock'n roll, salsa and hip-hop	CD player iPod	group A students (30s.)
4. 10.45 (Hugo, Jolanta and another PE teacher)	gym	team games	1. floorball 2. fireball	1. 30 sticks, 15 bibs, 2 balls, 4 goals, 4 cones 2. 2 soft balls,	group B students (30s.)
5. 11.30	changing stations				
6. 11.45 (Mónica, Tiia)	music room	dancing	1. first steps to rock'n roll, salsa and hip-hop	CD player iPod	group B students (30s.)
7. 11.45 (Hugo, Jolanta and another PE teacher)	gym	team games	1. floorball 2. fireball	1. 30 sticks, 15 bibs, 2 balls, 4 goals, 4 cones 2. 2 soft balls,	group A students (30s.)
8. 12.30	shower/changing clothes				
9. 13.00	lunch				

time of the activity	place of the activity	name of the activity	description of the activity	equipment	students
1. 14.00 (Hugo, Mónica, Tiia)	outdoor field	warming - up	1. running – 5 min. 2. stretching – 10 min. 3. passing games – 15 min 4. relays -15 min.	1.- 2. - 3. 6 football balls, 30 bibs 12 cones, 4.-	60
2. 14.50 (Hugo, Mónica, Tiia)	outdoor	resting, organising	we divide students into 2 groups of 30 (A and B)		
3. 15.15 (Mónica, Tiia)	music room	dancing	1. first steps to rock'n roll, salsa and hip-hop	CD player iPod	group A students (30s.)
4. 15.15 (Hugo, Jolanta and another PE teacher)	gym	team games	1. floorball 2. fireball	1. 30 sticks, 15 bibs, 2 balls, 4 goals, 4 cones 2. 2 soft balls,	group B students (30s.)
5. 16.00	changing stations				
6. 16.15 (Mónica, Tiia)	music room	dancing	1. first steps to rock'n roll, salsa and hip-hop	CD player iPod	group B students (30s.)
7. 16.15 (Hugo, Jolanta and another PE teacher)	gym	team games	1. floorball 2. fireball	1. 30 sticks, 15 bibs, 2 balls, 4 goals, 4 cones 2. 2 soft balls,	group A students (30s.)
8. 17.00	shower/changing clothes				
9. 18.00	Dinner				

Floorball

1. 2 teams of 5 players (no goalkeeper).
2. A plastic stick is used to play a plastic ball with holes. It is forbidden to block, hit and lift the opponent's stick. Also kicking and holding the opponent's stick is forbidden as well as touching the ball with your hand.
3. You can stop and pass the ball with your feet but you are not allowed to score a goal with your feet.
4. You can use the walls to bounce the ball back to the field.
5. Tossing the coin will decide which team starts the game.
6. After a goal is scored the other team starts the game again from the centre of the field.

Fireball

1. 2 teams of 15 players, one player of each team is positioned behind the line of the enemy's field ("burnt area")
2. A soft ball is used to hit the opponent's players. It is forbidden to hit players on their heads.
3. Once a player is hit by a ball he/she has to go to "burnt area" but he/she can continue to "burn" the enemy from that position.
4. The winner is the team who manages to "burn" all opponents.

National dances show.

Each country should prepare 1-2 minutes show to present their national dance at the beginning of the 'Talent Show'. The music for these presentations should be sent to Lennart by the end of April.