

MONDAY, 9th AUGUST

LOCATION / TIME	14.00-15.15	15.30-16.45	17.00-18.15
Hall	Mulgid ja mulgimaa (<i>theoretical lecture</i>) - Kristi Ilves		
Big gym	Goalca – Martin Noodla	Basics in handball and introduction to mini handball – Martin Noodla	Handball-based movement games – Katrin Koser
Small gym	Hula Hoop - Krista Palm (Artistic Flow Studio)	Buoy basics - Krista Palm (Artistic Flow Studio)	Juggling - Krista Palm (Artistic Flow Studio)
Music class		Folk games, song games - Alli Laande	
Mirror hall			Ball exercises alone, in pairs and in a group in PE - Katrin Reinup, Kristiina Jürisson

TUESDAY, 10th AUGUST

LOCATION / TIME	09.15-10.30	10.45-12.00
Moto track	Pitbike - Tarmo Raba	
Hall		Data protection (<i>theoretical lecture</i>) - Kadri Levand
Big gym	Basketball in primary- and secondary school PE - Indrek Visnapuu	Basketball in primary- and secondary school PE - Indrek Visnapuu *
Small gym	3 x 3 basketball (practical lesson & tournament) - Reigo Kimmel	3 x 3 basketball (practical lesson & tournament) - Reigo Kimmel *

* repetition

13.30-15.00 General meeting of the EKKL (EKKL members only)

WEDNESDAY, 11th AUGUST

LOCATION / TIME	09.15-10.30	10.45-12.00	LOCATION / TIME	14.00-15.15	15.30-16.45	17.00-18.15
Fitness gym	Olympic weightlifting (snatch) - Andres Viksi	Olympic weightlifting (clean and jerk) - Andres Viksi	Small gym	Wrestling 1 (games etc) - Janar Sõber	Wrestling 2 (games etc) - Janar Sõber	
Big gym		Sitting volleyball in gym and beach 3 vs 3 and 6 vs 6 – Meelis Stamm	Big gym	Volleyball at school - Anatoli Kuprijanovitsh, Julija Mõnnakmäe	Balance and Coordination Exercises in PE - Olegas Batutis	
Hall	Estonian Paralympic Committee - a projects of IPC for schools “I’mPOSSIBLE (teoretical lecture) – Kaia Kollo	Developments in PE in Estonia, website, completed study materials (teoretical lecture) – Maret Pihu, Sigrid Tilk, Karin Vassil	Stadium	Basics in shot put, discus throw, ball throw - Heiko Väät	Track and field athletics (competition regulations, warm-up for children) - Peeter Randaru	Track and field athletics (typical mistakes in lessons) - Peeter Randaru
Swimming pool	Creative and playful basic swimming lessons - Maria Trei, Kirsti Mäesepp		Swimming pool			17.00-18.00 Water safety exercises in swimming lesson - Maria Trei, Kirsti Mäesepp 18.00-18.30 Sauna yoga (30 min in 50 C sauna) - Triin Rääsk
Mirror hall			Mirror hall			Ashtanga vinyasa yoga - Ülle Põldmaa

THURSDAY, 12th AUGUST

LOCATION / TIME	09.15-10.30	10.45-12.00
Small gym	PE for elementary school 1 - Toomas Paju	PE for elementary school 2 - Toomas Paju
Stadium	Bungy pump- walking sticks - Toomas Kõiv	Bungy pump- walking sticks - Toomas Kõiv *
Swimming pool		Synchronised swimming (versatility in the training process with the development of coordination and water awareness) - Anton Rzhanov, Karina Polovnikova
Big gym	Balance and Coordination Exercises in PE - Olegas Batutis *	

* repetition