

Sunday 10.08.2025.**14.00 - 17.30**

Registration (No. 1), accommodation (No.8; No.7)

18.00 Opening Conference room (No.10) **19.00**

Dinner and introduction evening. Latvian games and dance elements (No.11)

Monday 11.08.2025.**7.30 - 8.45**

Breakfast (No. 9)

Time/Lesson	Gym (No.4)	Drill hall (No.2)	Beach volleyball courts (No.12)	Stadium (No.6)	School yard (gathering No.1)
9.00 - 10.00	Motion games for the final part of the lesson <i>Yurii Berlinschii</i>	Rock and Water (self-defence) -1 Standing strong. Basic introduction. <i>Herman van den Berg</i>	Basic elements of technical and nuances – working with young children and beginners-1 <i>Artūrs Mangulis</i>	Disc golf shots-1 <i>Rūdolfs Šadrins</i>	Sports tourism and equipment- theory-1 Normunds and Laura Hofmaņi
10.15 - 11.15	Motion games for the final part of the lesson* <i>Yurii Berlinschii</i>	Rock and Water (self-defence)-2 Physical and mental confrontation <i>Herman van den Berg</i>	Specifics of Amateur-level training – defence, attack, tactical nuances-2 <i>Artūrs Mangulis</i>	Principles of disc golf game -2 <i>Rūdolfs Šadrins</i>	Natural obstacles and get over them-2 Normunds and Laura Hofmaņi
11.15 – 11.45 Refreshing break (No.1)					
11.45 - 12.45	Zumba <i>Liena Ozoliņa- Karnīte</i>	Fun games with gymnastic hoops in PE <i>Olegas Batutis</i>	Game-play training – Reinforcement of individual technique-3 <i>Artūrs Mangulis</i>	Lesson room (No.3) Basics of kinesiological taping-1 <i>Argita Džeriņa</i>	Rope tasks in classes - creation and overcoming-3 Normunds and Laura Hofmaņi
12.45 – 13.45 Lunch (No.9)					
	Gym (No.4)	Drill hall (No.2)	Beach volleyball courts (No.12)	Lesson room (No.3)	School yard (gathering No.1)
14.15 - 15.15	Badminton basics sport, rules, racket grips and execution of height serving -1 <i>Monika Radovska</i>	Fun games with gymnastic hoops in PE * <i>Olegas Batutis</i>	Basic elements of technical and nuances – working with young children and beginners-1* <i>Artūrs Mangulis</i>	Basics of kinesiological taping-2 <i>Argita Džeriņa</i>	Basics of rock climbing Normunds un Laura Hofmaņi
15.30 - 16.30	Badminton basic movements and specific exercises-2 <i>Monika Radovska</i>	Rock and Water (self-defence) -3 Feeling and Setting Boundaries Intuition <i>Herman van den Berg</i>	Specifics of Amateur-level training – defence, attack, tactical nuances-2* <i>Artūrs Mangulis</i>	Basics of kinesiological taping-1* <i>Argita Džeriņa</i>	Basics of rock climbing* Normunds un Laura Hofmaņi
16.45 - 17.45	Badminton stroke from the rear part of the court-3 <i>Monika Radovska</i>	Rock and Water (self-defence) -4 Mental power. Social Media. Sexuality <i>Herman van den Berg</i>	Game-play training – Reinforcement of individual technique-3* <i>Artūrs Mangulis</i>	Basics of kinesiological taping-2* <i>Argita Džeriņa</i>	Basics of rock climbing* Normunds un Laura Hofmaņi
19.00	Picnic at Seja primary school (dress code: casual) Departure from the MSG school yard pl.18.45				
Dinner	Barbecue, bonfire, disc golf, orienteering maze, etc.				
from 22.00	Returning to MSG				

* lessons are repeating ones

Tuesday 12.08.2025.

7.30 - 8.45

Breakfast (No.9)

9.00

Departure to Inčukalna sports base (from MSG school yard)

Time/Activity	Swimming pool	Swimming pool	Sports hall	Hall	Stadium
9.30 - 10.30	Water Safety & Rescue <i>Raluca Gruin</i>		Teaching floorball through games and relays <i>Ģirts Bunkus/ Kristians Millers</i>	Table Hockey <i>Sandis Kalniņš</i>	Game projects: „Anthill”, „Silence” <i>Yurii Berlinschii</i>
10.45 - 11.45	Water Safety & Rescue* <i>Raluca Gruin</i>	Water aerobics* <i>Marija Šteinberga</i>	Basics of floorball technique in primary and elementary school <i>Ģirts Bunkus/ Kristians Millers</i>	Table Hockey* <i>Sandis Kalniņš</i>	Game projects: „Anthill”, „Silence”* <i>Yurii Berlinschii</i>
12.15	Excursion to Riga (by train) with a guide				
12.00 - 13.00		Water aerobics* <i>Marija Šteinberga</i>	Floorball tournament <i>Ģirts Bunkus/ Kristians Millers</i>	Table Hockey tournament <i>Sandis Kalniņš</i>	
13.15	Departure to MSG				
13.30- 14.30	Lunch (No.9)				
No.14.30 - 18.30	Excursions and activities (dress code: casual, Activ wear)				

1. **Pabaži Stand-up paddling (SUP) – Liena Ozolina- Karnite/ Kristīne Jakobsons** (departure from MSG school yard 14.30)

2. **Excursion to Sigulda** (departure from MSG school yard 15.00)- **with a guide**

19.00	Dinner in Saulkrasti by the sea
21.11	Sunset
21.30	Departure to MSG

*lessons are repeating ones

Wednesday 13.08.2025.

7.30 - 8.45

Breakfast (No.9)

Time/Activity	Gym (No.4)	Drill hall (No.2)	Lesson room (No.3)	Beach volleyball courts (No.12)	Stadium (No.6)	School yard
9.00 - 10.00	Understanding badminton sport, rules, racket grips and height serving execution-1* <i>Monika Radovska</i>	Teambuilding -1 <i>Raluca Gruin</i>	Basics of Kinesiological Taping-1* <i>Argita Džeriņa</i>	Serve, block, overhead set, attack-4 <i>Artūrs Mangulis</i>	Orienteering Sports Improvement Tasks <i>Rūdolfs Šadrins</i>	
10.15 - 11.15	Basic movements of the badminton game and specific exercises for developing coordination-2* <i>Monika Radovska</i>	Teambuilding - 2 <i>Raluca Gruin</i>	Basics of Kinesiological Taping-2* <i>Argita Džeriņa</i>	Defence – footwork and body movement, feinting, tactics, reading the opponent's body language-5 <i>Artūrs Mangulis</i>	Orienteering Sports Improvement Tasks* <i>Rūdolfs Šadrins</i>	
11.15 – 11.45 Refreshing break (No.1)						
11.45 - 12.45	Badminton stroke from the rear part of the court-3* <i>Monika Radovska</i>	Yoga <i>Liena Ozoliņa-Kamīte</i>	Exercises for correct posture and strengthening the deep muscles of the back <i>Agneta Aksejenko</i>	Game-based exercises – situation analysis, error correction-6 <i>Artūrs Mangulis</i>	Orienteering Sports Improvement Tasks* <i>Rūdolfs Šadrins</i>	
12.45 – 13.45 Lunch (No.9)						
	Gym (No.4)	Drill hall (No.2)	Drill hall (No.2)	Beach volleyball courts (No.12)	Lesson room (No.3)	Small hall (No.5)
14.15 - 15.15	Long-Team Athletic Development for Everyday PE Classes-1 <i>Reinis Krēgers</i> !phones required!	Yoga * <i>Liena Ozoliņa-Kamīte</i>		Serve, block, overhead set, attack-4* <i>Artūrs Mangulis</i>	Exercises for all muscle groups using a resistance band <i>Agneta Aksejenko</i>	Novuss-1 (Baltics Billiard) <i>Ainārs Pēčs</i>
15.30 - 16.30	Long-Team Athletic Development for Everyday PE Classes-1 <i>Reinis Krēgers</i> !phones required!	Relays race and games <i>Marija Šteinberga</i>	Games in teams <i>Marek un Evelin Pihlak</i>	Defence – footwork and body movement, feinting, tactics, reading the opponent's body language-5* <i>Artūrs Mangulis</i>	Exercises for all muscle groups using a resistance band * <i>Agneta Aksejenko</i>	Novuss-2 (Baltics Billiard) <i>Ainārs Pēčs</i>
16.45 - 17.45	Tabata <i>Liena Ozoliņa- Kamīte</i>	Relays race and games *	Games in teams *	Game-based exercises – situation analysis, error correction-6*		Novuss-3 (Baltics Billiard) <i>Ainārs Pēčs</i>

		<i>Marija Šteinberga</i>	<i>Marek un Evelin Pihlak</i>	<i>Artūrs Mangulis</i>		
18.00 – 19.15		Dinner (No.9)				
20.00 - 24.00		Closing ceremony Sējas k/n (dress code: festive attire). departure from MSG school yard pl.19.30				
from 23.00		buses to MSG				

* lessons are repeating ones

14.08. 7.30 - 8.45 Breakfast (No.9)

9.00 Transfer to the airport