



## SAFETY GUIDELINES AND RULES FOR PHYSICAL EDUCATION LESSONS

### 1 § GOING TO PE LESSONS

- In general the students will move between the school and gyms, sports fields and any other locations by themselves, following designated routes and **following traffic laws**, on foot or by bike (wearing a helmet).

### 2 § CLOTHES

- For every lesson, remember to bring appropriate clothing and a towel for showering afterwards. Taking care of personal hygiene and having the right gear with you is an important part of PE lessons and assessment.
- PE lessons will always be indoors if the temperature is under -17 C°

### 3 § BEHAVIOUR IN P.E.

- During the lessons we will work in varying pairs, groups and teams. You can't always choose your own group but you must still be able to willingly and agreeably cooperate with everyone.
- Sometimes the sport in question requires independent working alone or in a small group eg. skiing, orienteering, jogging. When working without direct supervision; follow the guidelines given here ie. traffic regulations, safety guidelines and by your teacher in the briefing before the task.
- You don't have to like all sports we try out at school. However, think about how you express your opinion during class as negative comments will take away from other students' enjoyment. Positivity breeds positivity.
- Your behavior during class and in P.E. related environments (e.g. Wilma and Teams) is the single most important aspect of assessment at the end of the term; **everything mentioned above affects your grade.**

### 4 § IN THE GYMS

- You can spend time in the gyms during breaks only with the teacher's permission
- Only indoor shoes in gym (no outdoor shoes)
- indoor sports shoes or barefoot in the gyms, no wearing socks only as it is a safety risk
- Leave jewelry, glasses, watches and other items that might break in the changing room at school, otherwise they're your responsibility. Your teacher will tell you when to use your phone, otherwise, keep it in its designated place away from the lesson.

### 5 § LESSONS

- We will meet in front of the school gym every lesson, unless otherwise instructed.
- Bringing your own snacks to school is allowed and even recommended on days when you have PE lessons. However, you must make or buy them before coming to school as the school rules forbid going to shops during the school day. Breaking this rule leads to detention.
- If there's a double lesson there will be no break in between. If the last lesson of the day is a PE lesson, the school day ends wherever the lesson was held.



## 6 § OTHER INSTRUCTIONS

- If the student cannot attend PE or swimming lessons due to illness or other reason, the guardian will inform the teacher **via Wilma in advance.**
- No candy, gum or juice during PE lessons.
- If you are the last person to leave Koulukatu sports field, remember to return the key to the caretaker
- In general we do not use mobile phones during PE lessons, and the school is not responsible if they break during class.
- During some lessons the students can choose to use their phones to explore sports apps (e.g. orienteering, map services, sports trackers) but this is always voluntary. Even in this case the student is still responsible for their own phone.
- **The school is not responsible for lost property. Think carefully about what personal property you need to bring to school.**