

Welcome to Physical Education at FISTA

Safety guidelines, expectations, and our shared values

At a glance

In Physical Education, we grow stronger together—physically, mentally, and socially. We expect you to take part in every lesson, but don't worry: activities are always adapted to suit your personal situation. If you're injured or unwell, you may be assigned alternative tasks such as theory work or gentle exercises.

We begin each class by gathering in front of the gym unless you're told otherwise. This is when important information and instructions are given—so being there on time matters!

Always come prepared in appropriate sports clothing, including either **indoor or outdoor shoes** (running shoes are often best).

You'll often work in pairs or small groups, which are thoughtfully arranged by your teacher to support learning and teamwork.

We work with heart and purpose, guided by the **FISTA values: Respect, Belonging, Kindness, and Safety.**

§1 Participating in P.E. classes

Your full participation is essential for learning, growth, and your overall well-being. If you're recovering from an injury or have a medical certificate, you'll receive individualized tasks, such as light exercises or theory-based assignments.

Even when recovering from minor illnesses like a cold, you're encouraged to attend class and participate at a lower intensity. Please ask your guardian to inform your teacher through **Wilma** in advance.

Everyone gathers together at the beginning of class, including those with adjusted tasks. This is when you'll receive your daily instructions and support.

§2 Where and when we meet

We usually meet outside the gym doors unless told otherwise.

Please be ready to start on time. It's a great idea to use the previous break to prepare—change clothes, use the restroom, and get organized. Punctuality and readiness are part of showing respect for your class and yourself.

§3 Traveling to p.e. locations

You'll often walk to different sports facilities nearby, using safe and designated routes. Follow traffic rules and be aware of your surroundings.

Some locations include:

- **YMCA Gym**, Satakunnankatu 31
- **Nääshalli**, Näsijärvenkatu 8
- **Pyynikki Swimming Hall**, Kortelahdenkatu 26
- **Tipotie Sports Field**, Peurankallionkatu 6
- ...and more.

If we're going farther—like to **Kauppi Sports Area**—we'll use public transport. Tickets and instructions will be provided.

You may use your **bike (with helmet)** or a car/scooter **only with prior teacher approval**, and only in specific cases (e.g. distant locations or if it's your first/last class of the day).

§4 How long are p.e. lessons?

Double lessons are 90 minutes long, with no break in between.

If P.E. is your final class of the day, your school day ends at the activity location—not back at the school.

§5 Snacks and energy

You're welcome to bring snacks to school—especially before or after P.E.

Plan your snacks at home. Visiting stores during the school day is only allowed with permission.

Smart snack ideas:

- Sandwiches
- Fruit (bananas, apples, etc.)

Eat during breaks only—not during class. And please, no chewing gum during lessons.

§6 Phones and personal belongings

Phones are not usually needed in P.E.

If there's a lesson where they are useful (e.g. for tracking runs or using an app), the teacher will let you know. You're still responsible for your device.

The school can't take responsibility for lost or damaged items—so choose what you bring carefully.

§7 Clothing and hygiene

Change into your sports clothes before class and bring:

- Proper sportswear
- A change of clothes
- A towel (for showering after)

Good hygiene and the right gear make a big difference to how you feel and perform. They also play a role in your assessment.

Outdoor gear tips:

- **+10°C and warmer:** Shorts or tights, light pants, t-shirt, light jacket, running shoes
- **-5°C to +10°C:** Long pants, t-shirt, fleece, jacket, gloves, hat
- **-17°C to -5°C:** Several warm layers, windproof outerwear, scarf/Buff, gloves, hat

We move indoors or adjust activities when it's colder than -17°C.

Indoor gear:

- Shorts or tights, t-shirt
- Indoor sports shoes (no socks-only for safety!)

No jewelry, large earrings, watches, or headphones during class—they can cause injuries. Leave your outdoor shoes at the gym entrance.

§8 Teamwork and behavior

P.E. is about more than movement—it's about mindset, too. We learn to support each other, work in teams, and create a safe, encouraging environment.

Treat equipment, classmates, and yourself with care and respect.

Celebrate each other's progress. Be kind, lift others up, and include everyone.

Your assessment is based on:

1. **Your behavior and attitude**
2. **Your effort and participation**
3. **Your skill development over time**

§9 Water safety, activities and swimming

Swimming is part of our curriculum and cannot be substituted.

If there's a medical reason that affects participation, guardians must inform the teacher.

Girls can swim during their period using a tampon. Every swimming class begins with a focus on water safety. No previous swimming experience is required.

Approved swimwear:

- Swim trunks/shorts
- Sports shorts + t-shirt (short or long sleeve)
- Swimsuits (any style, including long-sleeve)
- Sport bikinis or tights

We may occasionally swim in regular clothes to simulate real-life rescue situations—these will be provided.

If you cannot swim that day, you'll be given an outdoor walk or a theory task. However, **walking is not a substitute for swimming.**

 **Missing all swimming lessons without valid reasons will lower your final grade by one full mark.**

\$10 FISTA values: the heart of P.E.

Respect

We speak and act with consideration. We value each other's space, voice, and effort.

Belonging

Everyone matters. We all contribute to a strong, supportive community.

Kindness

Even small acts of kindness can make someone's day. We lift each other up.

Safety

We take care of ourselves and others—in every movement, every situation.

Let's make every P.E. class a chance to move, learn, grow—and have fun!

You are not just participants, but important members of a team that values progress, effort, and positivity.

We look forward to seeing you in class!