**Appropriate Footwear Important in Physical Education Class**

Physical education class at Solheim School ranges from light physical activity to very vigorous, high intensity running and exercising. The kind of shoes kids wear to class has an impact on several issues:

\*the amount of benefit they can get from class.

\*safety during the class

\*performance during class.

Tennis shoes that are tied tight, or closed tight with Velcro, are absolutely the very best kinds of shoes to wear in the gym. The following kinds of shoes are NOT recommended:

\*flip flops

\*sandals

\*crocs

\*high, platform type tennis shoes

\*skateboarding type tennis shoes, that are left laced loosely, and not tied(many of these types of shoes even have a warning on the shoe box that mentions they are not made for running).

Each of the shoes mentioned above are fine for other occasions, but are not appropriate for a vigorous, high intensity class. With the right kind of shoes, kids can be safe, participate at their highest level, and receive the benefit from a quality program of physical activity.

As you make purchases of shoes for school use, please keep the guidelines mentioned above in mind. Thank you for your cooperation in this important matter!

Mr. Porter

Elementary Physical Education Teacher