

What's in a Shoe??

When you are considering purchasing a new pair of shoes for your child for the new school year, do you consider PE class? Three important things to remember:

- 1) Safety (laces or Velcro)
- 2) Cushion and comfort
- 3) Proper fit & support

During the course of a year in P.E., your child will run, hop, jump, skip, slide, and dance. Sometimes this will occur on a hard concrete floor and sometimes outside on uneven grassy areas. It is imperative that the shoe lace up or Velcro for safety. The bottom should have some treads to grip so your child can't slip. The shoe should be flexible. Does it bend easily? Make sure the shoe fits properly and provides support for the whole foot. When you follow these tips, you will help prevent unnecessary injuries and ensure a fun, safe PE experience for your child. If you have questions please do not hesitate to call at 355-5031 or e-mail me at sehart@greenville.k12.sc.us.



Miss Hart