

## Buying shoes for physical activity

Every year the PE teachers are faced with new shoe fads that are unsafe for physical activity. The shoes pictured here are examples of the types of shoes that are not safe, nor appropriate for physical activity, not just physical education but recess and active play in general.



Shoes that do not fit snugly on the foot, that slide on and off with ease, or have a parallel lacing system that tie under the tongue do not provide the necessary support for active play. Thongs or flip flops are prohibited by the



dress code. Crocs provide little support, are slippery in wet grass, and provide easy access to the foot by fire ants. Vans, when laced in the popular parallel fashion cannot be tightened to be snug on the foot. Heelies are heavier than regular athletic shoes, have a higher center of gravity due to increased sole thickness to accommodate the wheels and shouldn't be worn to school because the students are not allowed to put their wheels down while on school property. When buying shoes for the upcoming school year, please consider a shoe that fits you child's foot properly, provides support and stability for an active lifestyle.

