WHAT SHOULD I WEAR IN P.E.?



ATHLETIC-TYPE SHOES

We look forward to your child having many memorable and enjoyable moments this year in P.E. To get students off to a successful start, they will need the proper shoes and clothing to prepare them for the level of physical activity that they will experience each class period. In order for this to occur, please have your child wear or bring running or athletic shoes on his/her P.E. day(s).



NO SANDALS



NO CROCS



NO FLIP-FLOPS



NO DRESS OR HEEL SHOES



NO BOOT-TYPE SHOES

Please no "Crocs", flip-flops, boots, open toe/open heel sandal or dress shoes. Each child's shoes need to be tied/velcroed tightly and securely around their feet. Shoes should provide the proper foot support and protection necessary to avoid personal injury and to enhance physical performance. This is a great opportunity for the younger grade level students to learn how to tie his/her own shoe laces. In addition, students need to come to class in clothing that is comfortable and unrestrictive. If pants or jeans are loose fitting, student will need a belt. Girls may wear dresses as long as they wear something to cover their undergarment. "Skorts" are acceptable as well. ***If students are not dressed properly for class, students will not be able to participate on that day and will lose their daily points toward their overall grade.*** Check with your child's teacher to see when your child has P.E. on the 6-Day rotational schedule.

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