

December 8, 2025

Dear Parents and Guardians,

We are writing to emphasize the crucial role of proper footwear in ensuring the safety and successful participation of your student in Physical Education (PE) classes. Our PE program is a planned, sequential, quality instructional program designed to help students acquire the knowledge, processes, and skills necessary to maintain a physically active lifestyle throughout their lifetime.

Please take a moment to review the information below or watch a short video message.

Step Up for Safety: The Right Shoes for PE

PE's Goal: Lifelong Fitness Through Safety

Our primary focus is preventing injury so students can learn essential motor skills.



The Foundation: Safety & Injury Prevention in PE



Vigorous Movement Requires Correct Body Mechanics

Proper posture and form are taught to prevent stress and injury during activity.



Safety is a Shared Responsibility

The school provides safe facilities, but students must wear protective gear.

The Solution: Footwear as Essential Protective Gear



Proper Footwear IS Protective Gear

Athletic shoes protect students from potential dangers during recreational and class activities.



Supports Critical Body Systems

The right shoes keep the skeletal and muscular systems healthy during movement.



Unlocks Full & Safe Participation

Correct shoes ensure students can learn and perform physical skills competently and safely.

NotebookLM

Video:  Why_PE_Shoes_Matter.mp4

Please partner with us in reinforcing these essential safety habits by ensuring that your student arrives at every PE class equipped with the right athletic shoes designed for physical activity.

Your Health and PE Instructional Team