

# 2016 - 2017

## **PE Supplies - Tennis Shoes and Activity Resource for Summer**

We need **everyone** to keep their bodies active throughout the summer! Don't take a summer break from activity. Encourage your child to be active every day. Children and adolescents should get 60 minutes or more of physical activity daily. Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least three days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle and bone-strengthening physical activity at least three days of the week.

The President's Council on Fitness, Sports and Nutrition is a great website to visit that offers easy to understand ideas, activities, and recommendations for all ages to improve and move! Please check it out - <http://www.fitness.gov/be-active/>

### **Tennis Shoe Reminder:**

**Proper shoes are necessary in P.E. class for your child's safety. Please make sure your student wears the appropriate shoes on each P.E. day.**

It is very important for shoes to support the foot during exercise activities. Shoes that are completely flat on the bottom do not have enough cushioning or arch support. Therefore, skateboarding shoes, vans, keds, converse, etc. are not the best for vigorous physical activity. Flip-flops, sandals, crocs, boots, dress shoes, heeies, flats and high heels are unacceptable for physical education class. Athletic shoes should have cushioning on the heel area, a noticeable curve in the arch of the foot, and traction on the bottom of the shoe.

⇒ **Shoes do not need to be expensive or any certain brand name.**

It is very dangerous when shoes are not tied properly – students may trip and fall because of untied or improperly tied laces – and the lacing system provides additional needed support. Shoes must be tied tightly enough that they will not come off during activity. Clean, well-fitting socks add to comfort, hygiene and prevention of “hot” spots and blisters.

Casual clothing that is loose enough to provide a full range of motion is recommended. Be aware that oversize clothing can cause problems as well. We have had students “lose” their pants during typical physical activity as well.

If you have any questions, please do not hesitate to call or email the PE teachers at any time.

Thank you for your help in keeping our students safe.

Rob Culie & Tera Webb  
P.E. Teachers