

Mountain Brook Elementary Physical Education

Shoe Policy

At Mountain Brook Elementary, our first school rule is to ALWAYS “Be Safe”. In Physical Education class, we have to highly stress the importance of safety due to the nature of our curriculum. Proper footwear is essential for safety during any and all types of physical activity. In PE at MBE, we incorporate a large number of activities with forward and lateral movements so the proper footwear is essential. Improper shoes can cause injuries to muscles or joints, and could also cause shin splints. Many times, children’s footwear is chosen based on style. Instead, shoes should be chosen based on comfort and safety. Shoes recommended and worn in Physical Education must be athletic cross trainers, tennis, court, or running shoes that Velcro or lace securely. These types of shoes are more shock absorbing, which will protect the knees, hips, and ankles, and will allow the children to participate to their fullest ability. There are many important parts to a shoe. The sole, uppers, heel counter, midsole, and toe box are very important to the athletic shoe. The sole provides stability and the base of support. It should be flexible and provide a cushion for the foot. Higher soles decrease stability and increase the chances of injury. The uppers should cover the entire foot. The heel counter, the back area of the shoe, should lock around the foot to cushion and support the heel. The toe box is the front tip of the shoe that protects and provides an area to provide the toes space to move. It should be stiff or semi-hard to protect the toes from impact. The toe box should allow for full motion of the toes including extension, flexion, and spreading.

When considering a purchase of shoes for physical activity, consider the following:

- Would you run 2 miles in this shoe? (The activity level in a Physical Education class is similar to running 1.5 miles.)
- Does the shoe protect the foot?
- Does the shoe offer proper shock absorption?
- Does the shoe Velcro or lace?
- Does the shoe motivate the child to be an active participant in Physical Education class?

Additional recommendations include wearing socks with your shoes, and ensuring your child has the correct sized shoe.

| APPROPRIATE for physical activity in MBE PE | INAPPROPRIATE for physical activity in MBE PE |
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|  <p>The image shows four athletic shoes suitable for physical activity. At the top left is a blue and green Asics running shoe. Below it is a grey and pink Nike sneaker with a velcro strap, labeled with the number 885435-001 and the word 'ブルー' (Blue). To its right is a blue and orange Asics running shoe. At the bottom left is a blue and yellow Nike sneaker with a velcro strap, labeled with the number 885441-400 and the word 'ブルー' (Blue).</p> |  <p>The image shows four inappropriate shoes for physical activity. At the top left is a blue and black sandal. To its right is a black flip-flop. At the bottom left is a dark blue loafer. To its right is a white ballet flat.</p> |