



MESSAGE from your Physical Education Department

Dear Parents,

As technology has grown and affected the academic areas of education so has it affected the areas of physical education. In keeping with the state standards of safety, we have diligently enforced the wearing of appropriate athletic shoes during all physical education classes.

We need your cooperation when buying athletic footwear for your children. Here are some guidelines that will make your decision easier:

- Sneakers should be designated for athletic activity only, should support side to side movements and absorb jumping impact.
- Sneakers should have a sturdy supportive upper body, but not a boot.
- Sneakers should be an appropriate size and be tied or velcroed securely on the foot. Slip-on sneakers are not appropriate for activity.

Recently, the "Platform" sneaker has come into fashion. Unfortunately, as the height of the sneaker sole approaches and surpasses 2 INCHES the danger of ankle injury increases. Also "open back" sneakers, crocks and roller skate sneakers are NOT acceptable and are unsafe.

When purchasing sneakers for athletic activity think **SAFETY FIRST!** Scientific research tells us the higher the center of gravity - the less the stability- greater the rollover risk and the increase chance of injury.

In order to ensure your child's safety, please follow this outline when buying new sneakers. Your cooperation is greatly appreciated.

Sincerely,

P.E. Department



William E. Cottle School
PHYSICAL EDUCATION DEPARTMENT

Dear Parents,

The physical education program at Cottle is geared to meet the needs of our students. The program is well-rounded, covering a variety of individual and team sports and age appropriate activities, including physical fitness.

Portions of each class are dedicated to exercises involving the major muscles and body coordination. The exercise portion of the program concentrates on strength, flexibility, agility, and endurance in an effort to produce well-toned and physically fit individuals. Emphasis is placed on providing the student with meaningful and worthwhile experience while having fun.

Due to time restriction, we are not requiring any grade level to change into gym clothes. **HOWEVER, IT IS IMPORTANT THAT EACH CHILD WEAR A GOOD, SUPPORTIVE SNEAKER DURING HIS/HER GYM DAYS.** Please see reverse side of this sheet for sneaker guidelines. If your child wears work boots or any other shoes with heels or no backs, he/she will not be allowed to participate.

DURING THE WINTER MONTHS, WHEN CHILDREN WEAR BOOTS, PLEASE SEE TO IT THAT SNEAKERS ARE BROUGHT TO SCHOOL IN A BAG ON GYM DAYS. Sweatshirts and warmer clothes are advised when colder weather arrives, since we will be going outdoors whenever possible.

Any student who must be excused from physical education class for an indefinite period of time is to bring a medical form from the doctor. A student is permitted a parent or guardian excuse only for extenuating circumstances. Any excuse for more than three classes will require a doctor's note. If a student becomes ill in school he/she must obtain a note from the nurse before coming to class. If a child does not bring a written note, he/she will be expected to participate.

PLEASE NOTE: Students are **NOT** to bring any valuables to gym classes. There are no facilities for safekeeping and we **WILL NOT BE RESPONSIBLE FOR LOST OR STOLEN ARTICLES.** Hoop earrings, bracelets, and watches are particularly dangerous and must be removed before activity.

If there are any questions concerning any of the above, please contact the P.E. Department at 337-5376 extension 1274. Thank you for your cooperation.

Sincerely,
P. E. Department