



CORRECT FOOTWEAR FOR PHYSICAL EDUCATION AND SPORT

During P.E. lessons, students participate in a variety of sports and activities. To reduce the risk of injury, students should ensure that the shoes worn for Physical Education classes and school sport are appropriate. A suitable shoe that provides good arch support, shock absorbing materials in the heel and forefoot is the correct footwear that students should be wearing.

Examples of appropriate footwear for Physical Education classes and school sport at Gladstone Park Secondary College are shown below.



Shoes that are classified as 'street wear' or 'lifestyle' are not suitable. These shoes do not offer appropriate support and cushioning when students are engaged in physical activity. Wearing these types of shoes may result in increased risk of injury during physical activity.

Examples of inappropriate footwear for Physical Education classes and school sport at Gladstone Park Secondary College are shown below.



The school does not have insurance that covers students for injuries.