**Dress for Success in Physical Education**

* It is important to remember that even on days you do not attend PE class, you will still be physically active at recess.  It is important to dress for activity so that you do not hurt yourself and you have freedom of movement so that you can perform all required tasks during your class period.  We run and perform an exercise routine each day.  This involves sitting/lying on the floor.
	1. Tennis shoes/ Sneakers:  No high-heeled shoes or boots and no shoes that expose heels or toes.
	2. Comfortable Clothing:  Clothing that allows freedom of movement is best.  During warm months it will be hot inside and outside so please choose clothing with that in mind.  It is helpful to wear shorts underneath a skirt or dress.
	3. Please adhere to the Guilford County Schools and Sumner Elementary Dress Codes.
	4. Safety and Success are Key!