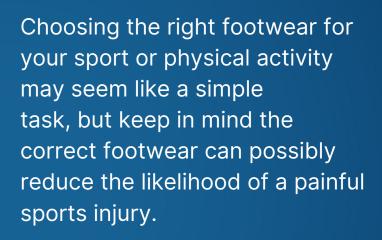
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## WHY IS WEARING THE CORRECT SPORTS SHOE FOR PHYSICAL EDUCATION CLASS SO IMPORTANT?





There is some basic information that you will need to consider before you select your sports shoe:

- 1. The type of physical activity you will be doing.
- 2. Your weight and height.
- 3. Your foot positioning when standing.
- 4. How you have worn out your previous sports shoes





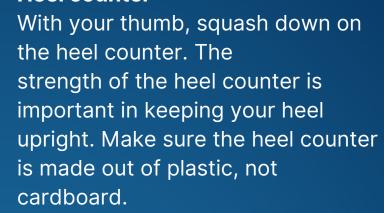




### THERE ARE FOUR SHOE FEATURES TO CONSIDER

### Torsion Heel counter

The greater the twist of the shoe, the more the foot will roll. You want a shoe with minimal movement. To test, grasp the sole and the front of the shoe near the ball of the foot and twist lengthways.



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### **Flexion**

The shoe should bend right at the ball of the foot. If it doesn't, neither will your foot. The shoe should remain stiff from the back of the heel to the ball of the foot. Grasp the heel and toe of the shoe and push together.

### Midsole density

With your two thumbs, compress the rubber of the midsole. If it compresses by more than a third it may be too soft. Soft shoes with lots of cushioning are only good for walking.

