



# Shoes and Their Uses

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**This is a scene  
photo. You can see  
different pairs of  
shoes.**





**This is a close up on a sneaker. You can see the laces and the top of the shoes.**





*This is a close up on a  
Vans skateboarding shoe.  
You can see the laces  
close up.*





**This is a Vans  
skateboarding shoe.  
You can see the tip of  
the shoe and the laces.**





**These are basketball shoes. They can help you when you play basketball.**





There are many different types of shoes. There are flip flops, skateboarding shoes, and many others.





Shoes can be very helpful in many different ways. People wear shoes for many different reasons. For example, shoes can support your feet. Most people wear shoes. Shoes can show your personality. Shoes can change the way you walk. Shoes can also improve your running skills. There are many different types of shoes that can help your feet. For example, some shoes can help you in sports. Shoes can help you in many different ways.

Shoes have a big history. Sneakers used to be called plimsolls. There was no left or right foot. People started wearing shoes about 40,000 years ago. People are still researching the history of shoes.