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Health and PE FAQs**

* **Does everyone have to take Health and PE?**
  + Yes, all students are required to take one semester of Health (typically freshmen year) and a physical education class during all other semesters.
* **What PE classes are offered?**
  + We offer Fr/Soph PE, Jr/Sr PE, Personal Fitness, Athletic Weight Lifting, and PE Partners. One semester of Fr/Soph PE is required before taking Personal Fitness, Athletic Weight Lifting, or PE Partners.
* **Can a student be exempt from PE?**
  + There are a few situations when students can be exempt from PE. Students in marching band can take a PE exemption during the fall semester. Sophomore, junior, and senior athletes can take a PE exemption during the semester in which their sport is being played.
* **Is there a required PE uniform?**
  + We do require that students wear the MHS PE shirt. It can be purchased directly from your PE teacher or you can order it online through the e-funds account. Students must also wear appropriate athletic shorts or pants and tennis shoes.