

Hempfield High School

HEALTH & PHYSICAL EDUCATION



“Striving to be the best that we can be.”

HEMPFIELD PHYSICAL EDUCATION REQUIREMENTS

UNIFORM REQUIREMENTS - *MANDATORY in order to participate for full credit.*

1. **PLAIN** (*one solid color*) **Red, White, or Black TEE SHIRTS**
(No writing or printing on shirts - **Exception:** “**Hempfield Shirts**” are ok) - *No tank tops!*
2. **BLACK or RED SHORTS** (PLAIN) or “BLACK KNIGHT SHORTS”
3. **SOCKS** (Students should wear socks for hygiene reasons.)
4. **SNEAKERS** - (Non-marking athletic type sneakers.)
5. **TOWEL** – To shower after class. (Optional)
6. For **SAFETY** purposes **NO JEWELRY MAY BE WORN DURING CLASS.**
(Watches, ear studs, earrings, necklaces, rings, etc.) You may tape new earrings for six weeks.
7. Students are urged not to bring money to class. (**LOCK ALL VALUABLES!**)
8. Students may not leave the Physical Education area before the bell. (Locker room or designated area.)
9. **MEDICAL** - YOU NEED A DOCTOR’S NOTE TO BE EXCUSED FROM CLASS OR TO NOT PARTICIPATE IN CLASS. Read the student planner or see the HSD web site for explanation of the Medical Excuse Referral Form. (Physical Education must and will be modified for your needs.)
10. **GRADING** – Student grads are earned from CLASS PARTICIPATION, PERFORMANCE / SKILL ASSESSMENTS, AND WRITTEN TESTS.

* There is a grand total of points for each marking period with weighted assessment categories.

*Participation will be a significant portion of the grade, the other points will come from skill / performance and written assessments.

*Makeup Assessments - Students can make-up missed classes or assessments during scheduled make-up days. (These must be scheduled by the student, taking initiative to make arrangements with their teacher.)

* Spirit wear may be purchased from the district web site to be used in PE classes.

Note: Individual teachers may have more rigid requirements for their classes.