

Fit for Life



**Muscular
Endurance**

**Cardiorespiratory
Fitness**

Strength

**Physical
Fitness**

Speed



Fitness for Life

- **Dress:** Arundel PE shirt, Arundel PE shorts, Athletic shoes, socks
 - Phones? NO
 - Participation
 - Doctor vs. Parent notes
 - Grades: Assessments = 75%
Academic Practices = 25%
 - Make-up assignments for LEGAL absences
 - Maintaining the Gym
 - Typical Class
- ❖ If you choose to **NOT** have your student videotaped/photographed for scholastic purposes please sign below and return to your student's teacher.

Student Name: _____

Student Signature: _____

Guardian Name: _____

Guardian Signature: _____