

Name: _____

Date: _____

Counselor: _____

NHS Fitness For Life Application

The Fitness for Life Program is designed to meet the unique needs of an individual with a disability who is unable to be successful in the general PE program/environment. It is personalized and specifically designed to address the individualized needs of students who have disabling conditions that require modifications to the general program of physical education in order to benefit from instruction. The fit for Life teachers support the general physical education program by working towards the Connecticut Physical Education Standards (IDEA; Public Law 105-17). The peer partner is a classmate who participates in the dual role of mentor and teammate! If you have any questions, please contact me at goydam@newtown.k12.ct.us or stop by my office!

Thanks,

Ms. Goyda

How did you hear about Fit for Life?

Why would you benefit from this class and how could this class you grow as a person?

Have you ever had previous involvement with individuals with special needs? If so, explain. If not, please speak on your ability to work with others and also your patient level.

Please provide two teacher references, that I may contact, in the space below.

1.

2.