

# 7th and 8th Grade Daily P.A.C.E

<b>P</b> reparation	Is on time and dresses in the required uniform.
<b>A</b> ttitude	Has a positive outlook on themselves and others.
<b>C</b> ooperation	Stays on task and is a team player. Willingly works in cooperation with others and gives encouragement.
<b>E</b> ffort	Tries to increase heart rate, develop strength, flexibility and endurance.