

# Course Syllabus

## Physical Education

*“We do not stop playing because we grow old, we grow old because we stop playing” Benjamin Franklin*

**Instructor:** Mr. Dennis Drust

**Contacting:** I encourage all students to ask questions and seek my help. I can be reached before school on most days. I welcome parent calls or e-mails with concerns. My prep period is 7th hour, from approximately 2:30-3:15. My email address is: ddrust@cartervillelions.com.

**Course Expectations:** The purpose of any quality school experience is to provide students with a well-rounded education. Your body and its capabilities must also be educated and tested. You must know how to take care of it to maintain a healthy lifestyle and you need to help your body learn skills that can be used in activities that will carry over for the rest of your life (physical education). We **do** expect you to try and improve on your own scores (fitness scores for example), skills, and abilities. Our goal is to provide you the opportunity to experience many different physical activities, so that when you get older you will have a wide variety of experiences to rely on when choosing activities to help you keep physically **fit for a lifetime**. *A person's lifestyle, the way one chooses to live, has the greatest effect on one's health.*

**What you will need:** You will need to bring the following items to class everyday: your school supplied P.E. T-shirt, blue shorts, and tennis shoes. A small towel is also recommended.

**What I expect:** Making the classroom environment conducive to learning is the responsibility of all students. In order to achieve this goal, I expect all students to DRESS EVERYDAY, respect their peers and their teachers at all times, come to class prepared every day, be self motivated and willing to work to the best of their ability, and display their best behavior - always.

**Handbook policies and grading scale:** My policies on attendance, both excused and unexcused absences, tardiness, discipline, and grades are in compliance with the school handbook and can be found in your planner.