

West Craven Health/PE Playlist

Fernandez / Periods 2nd & 3rd

Monday, October 19, 2020

*****REMINDER: You must be using the Canvas app on your device to access external links through Canvas for all assignments.**

Class Zoom Meeting

2nd Period: 9.15am-9.45am - <https://cravenk12.zoom.us/j/98194092893>

3rd Period: 10.30am-11am - <https://cravenk12.zoom.us/j/96887823057>

- ⇒ Daily Class Welcome
- ⇒ Any Class Q&A's
- ⇒ Darebee Home Workout Exercise
 - .pdf of the Darebee Home Workout Exercise routine
 - <https://www.youtube.com/watch?v=Alcju6F-9fs>

*****To show you've completed class work and get credit for it, you must enter a TEXT ENTRY into the Submissions on CANVAS, EMAIL or send me a REMIND message details of the assignment you've completed to confirm the work is done. My email is david.fernandez@cravenk12.org This is how you get credit for the work assigned and it is a very important part of this virtual learning process, so you get credit for this class.*****

I can't give you credit if you don't complete the step of making contact with me.

Tuesday, October 20, 2020

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Wednesday, October 21, 2020 (Independent Workday)

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Wednesday's are **Asynchronous (Independent) Workdays**. Use the day to catch-up on work you've missed or get ahead on work for the rest of the week if you have an issue upcoming.

Check PowerSchool to see if you have 0's in this class and make-up the work today!!!

Thursday, October 22, 2020

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Friday, October 23, 2020

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Class Zoom Meeting

2nd Period: 9.30am-10am - <https://cravenk12.zoom.us/j/98194092893>

3rd Period: 11am-11.30am - <https://cravenk12.zoom.us/j/96887823057>

- ⇒ Class Welcome
- ⇒ Class Q&A
- ⇒ Darbee Exercise Program Workout for the week repeated
- ⇒ Darbee Exercise Program #8 Big Bang (with a video)
 - .pdf provided
 - <https://www.youtube.com/watch?v=CCW1SQRca9M>

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