

West Craven Health/PE Playlist

Fernandez / Periods 2nd & 3rd

Monday, October 26, 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 Tempered Steel Exercises
 - .pdf of the Darebee Tempered Steel Exercise routine
 - <https://www.youtube.com/watch?v=T8KHiPzLg4>

*****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 27, 2020

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Wednesday, October 28, 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 29, 2020

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- ⇒ Daily Class Welcome
- ⇒ Any Class Q&A's
- ⇒ Darebee Reaper Challenge

- <https://www.youtube.com/watch?v=0SdPCaT4QEY>

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Friday, October 30, 2020

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