

West Craven Health/PE Playlist

Fernandez / Periods 2nd & 3rd

Monday, November 16, 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
- ⇒ YouTube video on How The Food You Eat Affects Your Brain (4:52min)
 - <https://www.youtube.com/watch?v=xyQY8a-ng6g>
- ⇒ YouTube video on How To Create A Healthy Plate (2:45min)
 - https://www.youtube.com/watch?v=Gmh_xMMJ2Pw

*****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, November 17, 2020 (Remote Learning Day)

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Wednesday, November 18, 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!!!

Today is Veteran's Day. Remember those who served this country and thank them.

Thursday, November 19, 2020

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⇒ Daily Class Welcome

⇒ Any Class Q&A's

⇒ Darebee Exercise Routine - Spy

- <https://www.youtube.com/watch?v=M9srSepSsbc>

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Friday, November 20, 2020

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