

West Craven Health/PE Playlist

Fernandez / Periods 2nd & 3rd

Monday, August 24, 2020 (Health Day)

*****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: 9.30am-10am - <https://cravenk12.zoom.us/j/99658793249>

3rd Period: 11am-11.30am - <https://cravenk12.zoom.us/j/98444461929>

⇒ Class Q&A

⇒ NFHSLearn.com course on Learning Pro: Reading & Learning Strategies

*****To show you've completed class work, you must enter a TEXT ENTRY into the Submissions on Canvas OR EMAIL me to say you've completed the work. My email is david.fernandez@cravenk12.org This is how you get credit for the work assigned & is a very important part of this virtual learning process, so you get credit for the class.*****

Tuesday, August 25, 2020 (Health Day)

*****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: 9.30am-10am - <https://cravenk12.zoom.us/j/99658793249>

3rd Period: 11am-11.30am - <https://cravenk12.zoom.us/j/98444461929>

⇒ Class Q&A

⇒ Continue to work on Learning Pro: Reading & Learning Strategies

- It is due today by 11.59pm

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Wednesday, August 26, 2020 (Independent Workday)

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

Wednesday's are Independent Workdays. Use the day to catch-up on work or get ahead on work for the rest of the week.

Thursday, August 27, 2020 (PE Day)

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Class Zoom Meeting

2nd Period: 9.30am-10am - <https://cravenk12.zoom.us/j/99658793249>

3rd Period: 11am-11.30am - <https://cravenk12.zoom.us/j/98444461929>

- ⇒ Class Q&A
- ⇒ Explain Darbee Exercise Program we'll be using this semester virtually
- ⇒ Darbee Exercise Program #1 1on1
 - .pdf provided

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Friday, August 28, 2020 (PE Day)

*****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: 9.30am-10am - <https://cravenk12.zoom.us/j/99658793249>

3rd Period: 11am-11.30am - <https://cravenk12.zoom.us/j/98444461929>

- ⇒ Class Q&A
- ⇒ Darbee Exercise Program #1 1on1 repeat
 - .pdf provided

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