

# West Craven Health/PE Playlist

## Fernandez / Periods 2<sup>nd</sup> & 3<sup>rd</sup>

### **Tuesday, September 8, 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**

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

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

- ⇒ Class Welcome
- ⇒ Class Q&A
- ⇒ Grades recap and make-up work
- ⇒ Continue to work on NFHSLearn.com courses, this week “Social Media for Students”
  - <https://nfhslearn.com/courses/social-media-for-students>
  - It is due today by 11.59pm Wednesday

**\*\*\*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](mailto: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.\*\*\***

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

### **Wednesday, September 9, 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, September 10, 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**

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

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

- ⇒ Class Welcome
- ⇒ Class Q&A
- ⇒ Explain Darbee Exercise Program Workout for the week
- ⇒ Darbee Exercise Program #4 Tracker Workout
  - .pdf provided

**\*\*\*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](mailto: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.\*\*\***

## **Friday, September 11, 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**

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

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

- ⇒ Class Welcome
- ⇒ Class Q&A
- ⇒ Darbee Exercise Program Workout for the week repeated
- ⇒ Darbee Exercise Program #4 Tracker Workout
  - .pdf provided

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