

West Craven Health/PE Playlist

Fernandez / Periods 2nd & 3rd

Monday, October 5, 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/98194092893>

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

- ⇒ Class Welcome
- ⇒ Class Q&A
- ⇒ Grades recap and make-up work again
- ⇒ What is Vaping?
 - <https://drugfree.org/drugs/e-cigarettes-vaping/>
- ⇒ Graph on Vaping stats
 - .pdf graph
- ⇒ Video clip on Vaping: The Hit Your Brain Takes (2:19)
 - <https://www.youtube.com/watch?v=aasKIDz9ZX4>
- ⇒ Video clip on How Smoking vs Vaping Affects Your Lungs from YouTube (3:17)
 - <https://www.youtube.com/watch?v=0Pwj6BuS8Ds>
- ⇒ Video clip on Students Are Hiding Vaping Devices In Plain Sight from YouTube (5:14)
 - <https://www.youtube.com/watch?v=iLSo9L4uOkw>

*****To show you've completed class work, you must enter a TEXT ENTRY into the Submissions on Canvas OR EMAIL me details of the assignment 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.*****

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

Tuesday, October 6, 2020 (Health Day)

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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
- ⇒ Grades recap and make-up work again
- ⇒ NFHSLearn.com course on Understanding Vaping and E-Cigarettes
 - <https://nfhslearn.com/courses/understanding-vaping-and-e-cigarettes>
 - Don't forget to submit the completion certificate!!!

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Wednesday, October 7, 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. ***Check PowerSchool to see if you have 0's in this class and make-up the work today!!!***

Thursday, October 8, 2020 (PE Day)

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Class Zoom Meeting

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

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

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Friday, October 9, 2020 (PE Day)

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Class Zoom Meeting

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

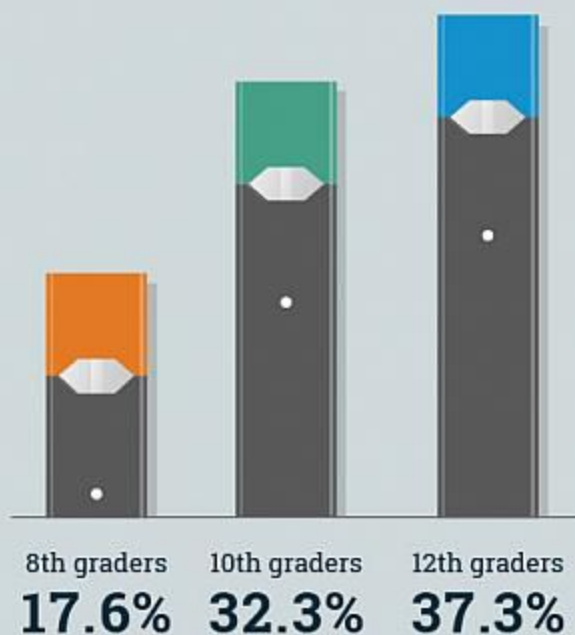
3rd Period: 11am-11.30am - <https://cravenk12.zoom.us/j/96887823057>

- ⇒ 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>

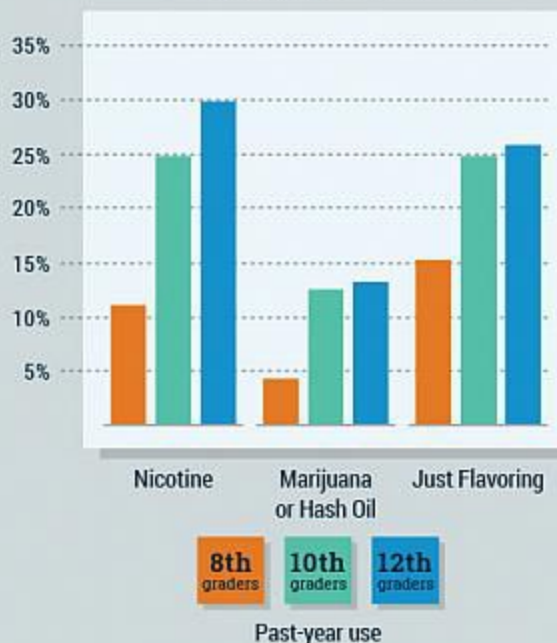
I can't give you credit if you don't complete the step of making contact with me.

TEENS USING VAPING DEVICES IN RECORD NUMBERS

PAST-YEAR VAPING



WHAT DO TEENS SAY THEY ARE VAPING?



NEARLY 2 IN 5 STUDENTS IN 12TH GRADE REPORT PAST-YEAR VAPING, RAISING CONCERNS ABOUT THE IMPACT ON BRAIN HEALTH AND POTENTIAL FOR ADDICTION.



BIG BANG

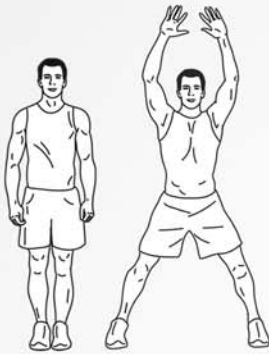
DAREBEE WORKOUT
© darebee.com

LEVEL I 3 sets

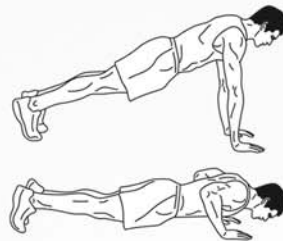
LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



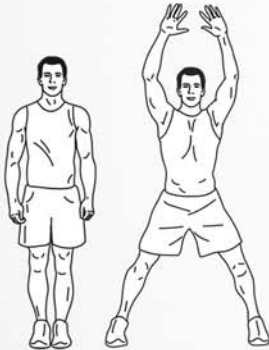
10 jumping jacks



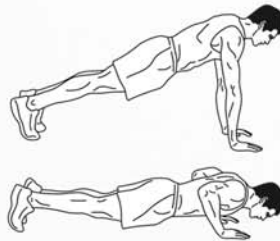
2 push-ups



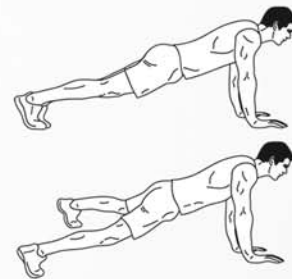
2 jump squats



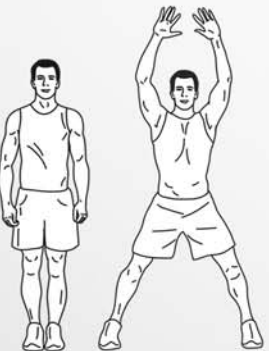
10 jumping jacks



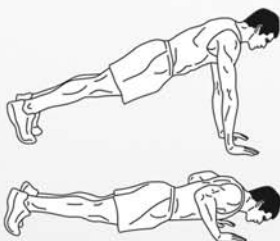
2 push-ups



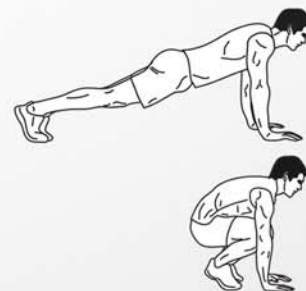
2 plank jacks



10 jumping jacks

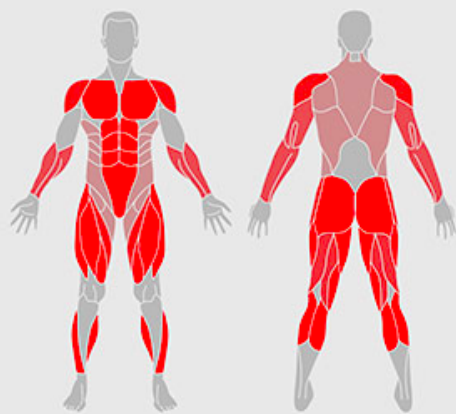


2 push-ups



2 plank jump-ins

WHAT IT WORKS



FOCUS



Cardiovascular System,
Aerobic Performance
(VO₂ Max)

TYPE

High Burn
Streamline

DIFFICULTY



suitable
for beginners

A fast, energetic, cardio-pumping workout helps work up a good sweat, get your body moving and burn up some calories. The Big Bang workout does all of that but in addition its switch from speed to strength also challenges the muscle control you have over your body. This is perfect when you want to exercise but are not sure what you want to do but still do not want to feel cheated out of a good work out.



DOWNLOAD