

# West Craven Health/PE Playlist

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

### Monday, September 14, 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 again
- ⇒ Recap last week's NFHSLearn.com courses, this week "Social Media for Students"
  - <https://nfhslearn.com/courses/social-media-for-students>
- ⇒ Video clip on 5 Crazy Ways Social Media Is Changing Your Brain Right Now
  - [https://www.youtube.com/watch?v=HffWFd\\_6bJ0](https://www.youtube.com/watch?v=HffWFd_6bJ0)
- ⇒ Video clip on Oversharing And Your Digital Footprint
  - <https://www.youtube.com/watch?v=ottnH427Fr8>

**\*\*\*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](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.***

### Tuesday, September 15, 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
- ⇒ Stress Assignment Checklist
- ⇒ Video clip on What Is Stress
  - <https://www.youtube.com/watch?v=zsFd84C9-vA>
- ⇒ Video clip on Stress
  - <https://www.youtube.com/watch?v=dERu8051t4w>

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## **Wednesday, September 16, 2020 (Independent Workday)**

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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 17, 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 #5 Skier (with a video)
  - .pdf provided
  - <https://www.youtube.com/watch?v=yN4uitTJ6t8>

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## **Friday, September 18, 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 #5 Skier (with a video)
  - .pdf provided
  - <https://www.youtube.com/watch?v=yN4uitTJ6t8>

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## Fight or Flight Response

- Muscles become tense.
- Heart rate increases.
- Blood pressure increases.
- Breathing increases.
- Pupils dilate.
- Digestion slows down or stops.
- Hearing becomes better.
- Sweating increases.
- Skin temperature decreases.
- Immune system slows down.
- More blood is sent to the muscles for quick movement.
- Liver releases sugar for quick energy.
- Amount of stomach acid increases.



# Warning Signs of Stress

## ***Physical Signs of Stress***

- *Headache*
- *Increased sweating*
- *Sweaty palms*
- *Tightness of chest*
- *Diarrhea*
- *Nervous stomach*
- *Slumped posture*
- *Inability to fall asleep*
- *Dry mouth*
- *Increase in crying*
- *Fatigue*
- *Neck or backache*

## ***Emotional/ Mental Signs of Stress***

- *Irritability*
- *Angry outburst*
- *Impatience*
- *Nightmares*
- *Loss of interest*
- *Anxiety / nervousness*
- *Negative thinking*
- *Jealousy*
- *Forgetfulness*
- *Lowered self-esteem*
- *Inability to concentrate*
- *Focusing on the past*
- *Resistant to change*
- *Preoccupation*

## ***Behavioral Signs of Stress***

- *Restlessness*
- *Fidgeting*
- *Carelessness*
- *Loss of appetite or overeating*
- *Unable to sleep*
- *Chronic fatigue*
- *Decreased productivity*
- *Increase in alcohol/drug use*
- *Increase in risk taking*
- *Withdrawing from relationships*



# Stress Checklist

The stress checklist is a list of events and situations that are known to cause stress for young people. Many of these are sources of distress (bad stress). Some are positive things that are still a source of stress.

*Directions: Check off all the items that have happened to you in the last six months.*

1.  A parent died.
2.  Your parents get separated.
3.  You abused alcohol or drugs.
4.  You went to a summer camp.
5.  A friend or relative attempted to commit suicide.
6.  Someone you love died of natural causes.
7.  You became pregnant.
8.  You had difficulty with school work.
9.  Something violent occurred at your school.
10.  You moved to a new city.
11.  You started at a new school.
12.  You were assigned a new teacher.
13.  A family member became ill or injured.
14.  Your mother went to work full-time.
15.  You fought with your brother or sister.
16.  Your pet died or was lost.
17.  Your sleeping habits changed.
18.  Violence happened in your neighborhood.
19.  Your TV watching increased.
20.  The family celebrated a birthday or holiday.
21.  Parents got divorced.
22.  A friend or relative committed suicide.
23.  You broke up with a boyfriend/girlfriend.
24.  You won an award.
25.  Your family went on vacation.
26.  A family member abused drugs or alcohol.
27.  You suffered a major illness or injury.
28.  You got a new job.
29.  You learned that your girlfriend is pregnant.
30.  You had difficulty with your friends.
31.  A new baby sister or brother arrived.
32.  A parent was fired or lost a job.
33.  You applied to college.
34.  Your family had money problems.
35.  You started a new sport or activity.
36.  Family members moved away.
37.  Your home was burned or robbed.

# Controlling My Stressors

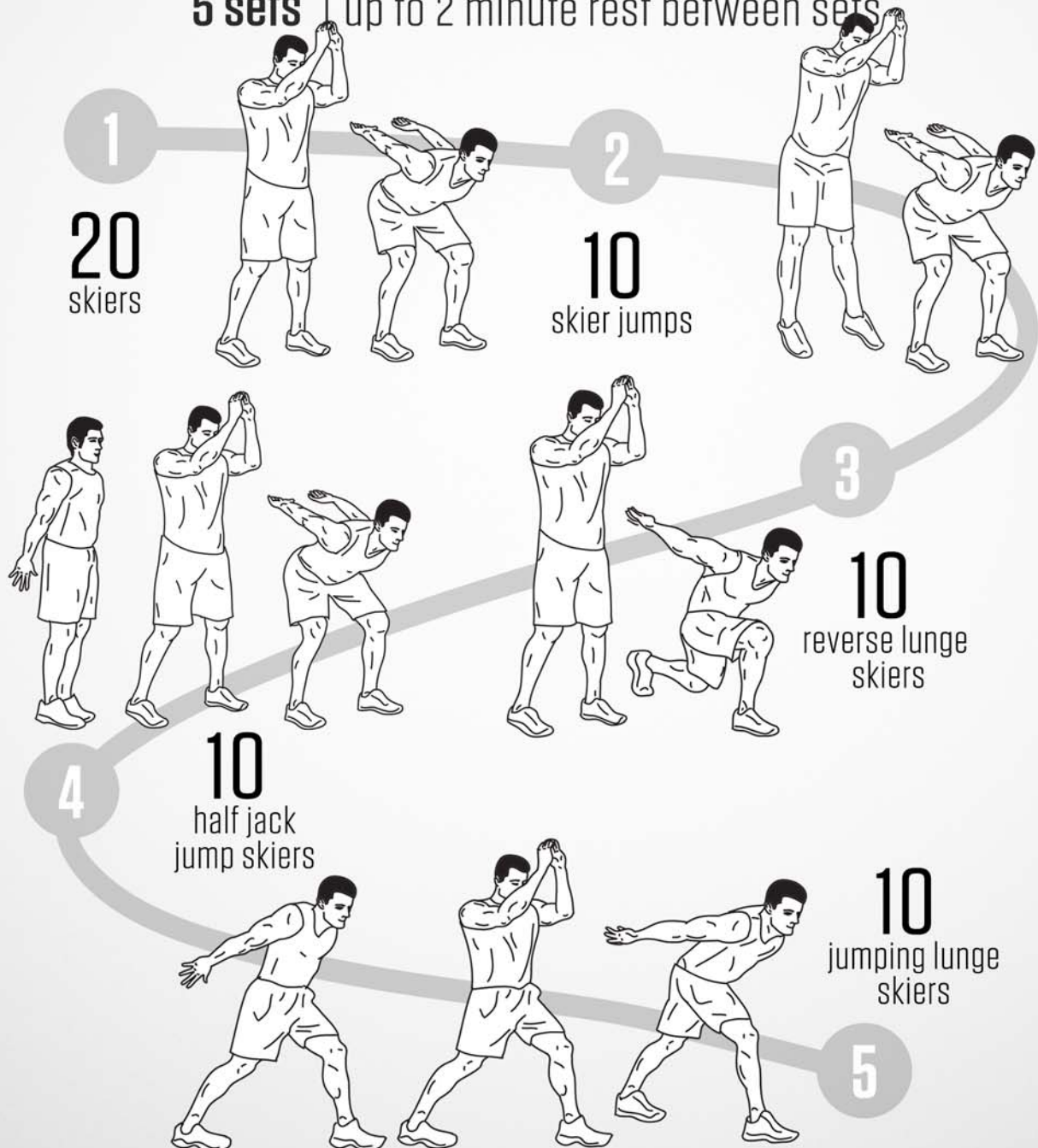
Directions: Identify five stressors that you are currently facing. For each of these stressors, list three positive coping strategies. These coping strategies may include ways to avoid the stressor, ways to minimize the stressor, or ways to deal with the stressor.

1. <i>I got a speeding ticket and my parents grounded me.</i>	<i>I could avoid the situation by obeying the law and driving the speed limit. I could attend a Defensive Driving class and have the ticket reduced. From now on I will allow plenty of driving time so I will not be rushed and tempted to drive fast.</i>
2.	
3.	
4.	
5.	
6.	

# skier

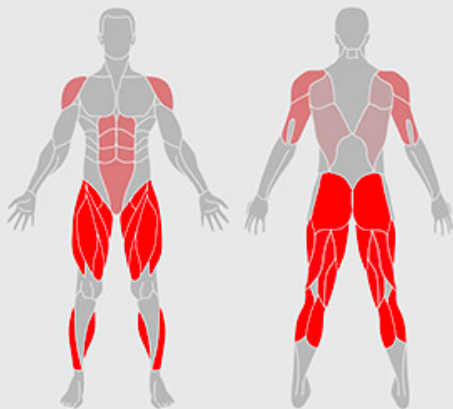
DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

5 sets | up to 2 minute rest between sets





## WHAT IT WORKS



### FOCUS

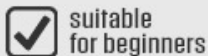


Cardiovascular System,  
Aerobic Performance  
( $\text{VO}_2\text{Max}$ )

### TYPE

High Burn  
Streamline

### DIFFICULTY



suitable  
for beginners

There is more than one way to train skier muscles. Balance, control, coordination, these are all skills that can be developed using specific exercises and the Skier workout allows you to do just that even if you happen to be living in the tropics. All you need to do then is find a quiet place, give yourself just a little room and some time and let the Skier workout begin to transform your body.

**Extra Credit:** 30 seconds rest between sets.



DOWNLOAD