

West Craven Health/PE Playlist

Fernandez / Periods 2nd & 3rd

Monday, September 28, 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 Welcome
- ⇒ Class Q&A
- ⇒ Grades recap and make-up work again
- ⇒ What is Organ Donation
- ⇒ Video clip on Get The Facts On Organ Donation from YouTube
 - <https://www.youtube.com/watch?v=OKSiyNeAyGM>
- ⇒ Video clip on Organ Donation and Transplantation: How Does It Work from YouTube
 - <https://www.youtube.com/watch?v=K4bS7YZiqhY>

*****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, September 29, 2020 (Health 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>

⇒ No Zoom Today

⇒ Check your PowerSchool and make-up any assignments with a 0

⇒ These opportunities to make-up work are coming to a close, please take advantage

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Wednesday, September 30, 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 1, 2020 (PE Day)

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Class Zoom Meeting

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3rd 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 #7 Ready, Steady, Go Workout (with a video)
 - .pdf provided
 - <https://www.youtube.com/watch?v=OEwo7NOSoZo&list=PLQSMS0J6JbrK9fA74RqpVHkzH14qvaPYH&index=33>

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Friday, October 2, 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 Welcome
- ⇒ Class Q&A
- ⇒ Darbee Exercise Program Workout for the week repeated
- ⇒ Darbee Exercise Program #7 Ready, Steady, Go Workout (with a video)
 - .pdf provided
 - <https://www.youtube.com/watch?v=OEwo7NOSoZo&list=PLQSMS0J6JbrK9fA74RqpVHkzH14qvaPYH&index=33>

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READY STEADY

GO!

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



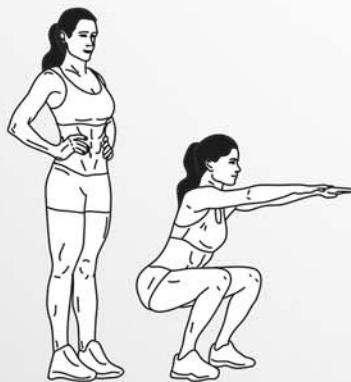
20 pacer steps



10 squat hold punches



20 pacer steps



10 squats

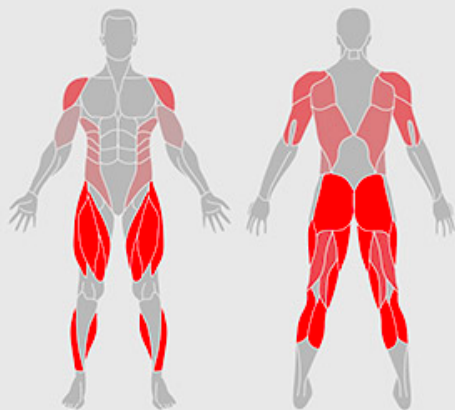


20 pacer steps



10 jump squats

WHAT IT WORKS



FOCUS



Cardiovascular System,
Aerobic Performance
(VO₂ Max)

TYPE

High Burn
Streamline

DIFFICULTY



suitable
for beginners

Streamline your body and increase your exercise burn rate with an HIIT workout that uses a combination of concentric and eccentric movements to test your muscles' performance power. Try to get as close to 90 degrees (or better) as possible on the squats and launch yourself high on the jump squats to challenge your quads and help your body gain more power.



DOWNLOAD