

# La Porte High School – Color Guard / Outreach Learning

March 23 – 27 / March 30 – April 3 / April 6 – April 10

## Grade Content: Guard 9-12

Week of: March 23-27 / March 30-April 3 / April 6 – April 10

Teacher/Team: **LPHS Guard**

If there are any questions, please feel free to email:

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Link to [TEAMS Folder](#)

Previous Lessons:

Link to:

- Daily Drill for 25 minutes each day
  - 5 min stretching
  - 10 min flag warm up
  - 10 min weapon warm
  - See activities below for details
- Assignment for next 3 weeks
  - A minute minimum solo that includes body and equipment to be finished by 4/10/20.
  - Can have dance only moves, must have 45 seconds minimum of equipment. (Flag, rifle or Saber)
  - See activities below for details

## Objectives

Objective:

- Demonstrate fluid execution of Daily Drill
- A draft of the equipment that you will use in solo (week 1, due 3/27/20)
- A rough draft video (week 2, due 4/3/20)
- Create a solo that includes body and equipment (week 3, due 4/10/20)

## Activities

Student Activities: (Resources, videos for students to use.)

Go to [Teams Folder](#). Look for the assignment:

Daily Drill 25 minutes each day

- 5 minutes stretching (normal one song stretch)
- 10 minutes flag warm up
  - Drop spin exercises (9 facings each hand)
  - Carving exercise (hoopete doos)
  - Pull hits
- 10 minutes weapon warm up Sabre or Rifle
  - Spin (100 each hand)
  - Flourishes
  - Flips
  - Wind up single and double exercises
  - Tosses work way up as high as you feel to challenge your skill set

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Assignment for next 3 weeks

- A minute minimum solo that includes body and equipment to be finished by 4/10/20.
- Can have dance only movements but 45 seconds minimum equipment (equipment can be flag, rifle or sabre)
- **Week one assignment (Due 3/27/20)**
  - Send in the song and artist that is being used with the time stamps that are being planned to be used. Include a draft of the equipment that you are planning.
- **Week two assignment (Due 4/3/20)**
  - Send in a video of what is done at this time (rough video draft)
- **Week three assignment (Due 4/10/20)**
  - Full video of the Final Production

## Academic/Instructional Support

Schedule:

Office Hours

Teacher Support - TEAMS

*Available 7:15 AM – 5:00 PM via email and/or to schedule phone/video support*

*7:15 AM - 5:00 PM*

## To Be Graded

Assignment for students to submit to TEAMS Folder:

- Daily Warmups – Student turns in Warm Up Log
- One-minute Solo
  - Week one assignment due 3/27
  - Week two assignment due 4/3
  - Week three assignment due 4/10

When is it due?

3/27/20, 4/3/20, 4/10/20

What assignments will the student submit?

See assignment details in activities box.

1. **Week one assignment (Due 3/27/20)**
2. **Week two assignment (Due 4/3/20)**
3. **Week three assignment (Due 4/10/20)**

How will it be submitted?

Electronically upload in any of the following:

via email / Cut time / in teams / cloud / drobox