

La Porte High School – Color Guard

Outreach Learning April 27 – May 1, 2020

Grade Content: Guard 9-12

Week of: April 27 – May 1, 2020

Teacher/Team: **LPHS Guard**

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

egerd@lpsd.org

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fennellm@lpsd.org

ron_barnett@msn.com

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 4/14/20.
 - 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 (Continue to develop and refine)
- A rough draft video (Continue to develop and refine)
- Create a solo that includes body and equipment (Continue to develop and refine)

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 (hoopte 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

1. **Auditions Audition Video #1 / Flag Warm Up from Daily Drill - Assignment #4 (Due May 4, 2020 8:00 AM)**
 - Upload a Video to be used as Part 1 of Auditions.
 - Mr. Barnett wants you to record a video doing flag warm up from the daily drill.
 - If questions, please email Mr. Barnett - ron_barnett@msn.com or Mr. Eger - egerd@lpsid.org

2. **Audition Video #2 / Weapons - Assignment #5 (Due May 11th)**
 - Upload a Video to be used as **Part 2 of Auditions.**
 - Mr. Barnett wants you to record a video with Weapons.
 - Include spins, flourishes, flips and throw triples and quads for video.
 - If questions, please email Mr. Barnett - ron_barnett@msn.com or Mr. Eger - egerd@lpsid.org

Academic/Instructional Support

Schedule:

Teacher Support - TEAMS

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

Office Hours

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
 - Continue to work on and define

When is it due?

5/4/2020 & 5/11/2020

What assignments will the student submit?

See assignment details in activities box.

How will it be submitted?

Electronically upload in any of the following:

TEAMS / via email / Cut time / cloud / drobox