

La Porte High School – Color Guard

Outreach Learning April 14-17

Grade Content: Guard 9-12

Week of: April 14-17

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 4/14/20.
 - 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

- 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 4 assignment Due 4/14/20**
 - 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.
 - Send in a video of what is done at this time (rough video draft)
 - Full video of the Final Production
 - Continue to develop and refine previous assignments

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?

3/30/20, 4/6/20, 4/14/20

What assignments will the student submit?

See assignment details in activities box.

- Continue to develop and refine solos

How will it be submitted?

Electronically upload in any of the following:

TEAMS / via email / Cut time / cloud / drobox