

# Technical:

For this weeks technical exercise, you will choose 2 of the 4 tosses listed below to practice. Then turn in a video of you executing the tosses three times in a row with perfect technique. Its not enough to be able to complete the toss perfectly one time, you should be able to do it consistently to consider it mastered.

1. Standard Pole Toss
2. Standard Silk Toss
3. Strip Toss
4. 45 Toss

The videos need to be uploaded to your file in the Guard drive. Please title your video "Technical week 3". We are looking for honest effort to improve your free arms under the toss, as well as catching the flag with both hands at the same time.

**Guard Drive:** [https://drive.google.com/drive/folders/1uUx0PtIkWmxQqmVYIK5oLCPyG\\_6KslQs](https://drive.google.com/drive/folders/1uUx0PtIkWmxQqmVYIK5oLCPyG_6KslQs)

# Observational:

[https://www.youtube.com/playlist?list=PLOhm\\_a2H0bgONttj6m\\_C-22OLHuNEoyW9](https://www.youtube.com/playlist?list=PLOhm_a2H0bgONttj6m_C-22OLHuNEoyW9)

This week, you will look through this playlist and choose your favorite guard video. Then you will write a short persuasive response telling us why your video is the best guard show in the list, from your perspective.

You can include any of the following elements to help support your point of view:

- Uniforms
- Props
- Flag Design
- Drill Design
- Transitions from section to section
- Interaction with the soundtrack
- Meaningful Choreography
- Individual performance with face or body to help tell the story

For every element you comment on, you **MUST** include an explanation of how it *helps advance the meaning of the show*.

For all of your responses, you will need to include specific examples, and cite them with the time they occurred in the video. Please write at least one page, single spacing and 12 point font.

Your response papers will be submitted to [seminolehsguard@gmail.com](mailto:seminolehsguard@gmail.com)

**IMPORTANT!!** Your email must be sent with your name, grade, and "week 3 observational" in the subject line. If we don't know who is sending the email, you can't get credit for attendance.

# Performance

For this week's performance activity, we are going to do another dance choreography video. This one is geared towards physical conditioning. The choreography may feel a bit repetitive, but you will need to complete the entire video to get the full benefit of the exercise.

While you follow along with the video, concentrate on raising your heart rate, controlling your breathing, and engaging all of your muscles. We're also aiming to entertain in some way with these videos, so make it look like fun!

Caleb does a really good job of making his videos entertaining by "werq-ing it", so if you're having trouble with the performance side of this, take a little inspiration from him.

Submit your "werq out" videos in the guard drive, titles "Performance week 2"

<https://www.youtube.com/watch?v=f6wm2g682JM>