

Central High School Bands
Digital Learning Plan- Color Guard (5th Period)

WEEK 1 (MARCH 16-20)

Flipgrid Access Instructions: <https://www.loom.com/share/22d28c54b4894505a70ab58e1dfaa4b3>

Flipcode: centralguard

- **Monday:** Use Flipgrid to record yourself practicing the homework assigned below. Then, reflect on your performance by talking about what you did well, how you could improve, and ask any questions you have about performing the assigned skill.
 - Flags: work from 16 counts before the circle work to the edge of the floor, 5 times in a row
 - Rifles: quads leading up to Bella's 1st catch, 5 times in a row

- **Tuesday:** Use Flipgrid to record yourself practicing the following skills below for a minimum of 2 minutes. Then, reflect on your performance by talking about what you did well, how you could improve, and ask any questions you have about performing the assigned skill.
 - Flags: J Toss
 - Rifles: Quads

- **Wednesday:** Use Flipgrid to record yourself practicing the following skills below for a minimum of 2 minutes. Then, reflect on your performance by talking about what you did well, how you could improve, and ask any questions you have about performing the assigned skill.
 - Flags: Doubles
 - Rifles: Quads

- **Thursday:** Use Flipgrid to record yourself practicing the following skills below for a minimum of 2 minutes. Then, reflect on your performance by talking about what you did well, how you could improve, and ask any questions you have about performing the assigned skill.
 - Flags: J Toss
 - Rifles: Quads

- **Friday:** Use Flipgrid to record yourself practicing the following skills below for a minimum of 2 minutes. Then, reflect on your performance by talking about what you did well, how you could improve, and ask any questions you have about performing the assigned skill.
 - Flags: Doubles
 - Rifles: Quads

If you have any questions about assignments, please email Mr. Dailey (brandon.dailey@carrollcountyschools.com), Mr. Ruby (neil.ruby@carrollcountyschools.com), or Ms. Zhorela (courtney.zhorela@carrollcountyschools.com) and we will respond as quickly as we are able.