

**Murrieta Valley Unified School District**  
**High School Course Outline**  
**2003**

- Department:** Physical Education
- Course Title:** Drill Team/Flags (Performance Core/Color Guard)
- Course Number:** 2750
- Grade Level(s):** 10-12
- Length of Course:** 1 year
- Prerequisite(s):** Successful completion of one year of Physical Education 9 and approval of teacher.

**Brief Course Description:**

Drill Team/Flags meets the second year District graduation requirement for Physical Education or upper class elective credit. Drill Team/Flags provides students with a creative space and time, stimulating mental and physical expression for all students. Drill Team/Flags enriches our lives by promoting fitness and good health through enjoyable physical activity. Drill Team/Flags encourages understanding and appreciation of the history, societal and cultural differences. Drill Team/Flags is an art expression and a physical skill.

This course is designed to provide students with opportunities to explore drill and flag team and integrate it with dance and physical exercise with opportunities for student performance of acquired skills. The emphasis is on exploring a variety of beginning and advanced dance forms including modern, jazz and military. The components covered in Drill Team/Flags include aesthetic perception, creative expression, and aesthetics valuing. Classroom activities will include student choreography and preparation for Drill Team/Flag competition and performance productions.

**I. Goals**

The students will:

- A. Develop an awareness of body alignment and balance, and increase strength, flexibility and endurance.
- B. Practice techniques of injury prevention including stretching exercises, warm-up, cool-down, nutrition and rest.
- C. Demonstrate correct dance techniques and execution of choreographic fundamentals.
- D. Demonstrate and perform dance and drill team/flag styles from various historical periods and cultures.

- E. Demonstrate a sense of relationship to surrounding space, combining spatial concepts with time and energy variables.
- F. Perform advanced dance sequences communicating personal feeling and idea through movement with originality, individual style and clarity.
- G. Self-Analyze and peer evaluate drill team/flag execution to improve performance.

## **II. Accountability Determinants**

Assessments will be performance based with limited conventional tests and projects.

Students will be required to participate in after school practices and productions.