

Color Guard Curriculum
Created by Laura Aylsworth

Dance Unit

Part 1 Beginning Dance Basics
Part 2 Marching and Across the Floors

Flag Unit

Part 3 Beginning Flag Basics
Part 4 Intermediate Flag Basics

Weapon Unit

Part 5 Beginning Rifle Basics
Part 6 Beginning Sabre Basics

This color guard curriculum program is designed as a starting point to teach basic dance, flag, and weapon technique. While the curriculum can be used for any guard program, the units are focused on beginning technique instruction for groups, instructors, and/or guard members with limited prior dance and equipment training. These tutorials will provide practical and functional exercises that can serve as the foundation for the creation of a basics training program and performance choreography.

Each part of the curriculum consists of a video demonstrating the exercises and instruction for the correct technique in performing the exercises. Also included are written notes that outline the definitions of the terms presented in the videos as well as points to remember for correct execution of each exercise. The Dance Unit includes a Dance Syllabus of ballet and modern dance terms that may be incorporated into any color guard program.

For grading purposes, each part of the curriculum contains a 10-question quiz and answer key over the information provided in the videos and notes. Skills Mastery worksheets and a Practice Log are also included and can be used for the guard member to record their level of participation and the date on which they mastered a particular exercise or skill. The Skills Mastery worksheets and Practice Log can be used as a basis for a participation grade in class, as they can document how many of the exercises the guard member has learned. Guard members can also provide recordings of themselves performing the dance or equipment skill or demonstrate a skill in person to obtain a participation grade.

There are several exercises presented in each part of the curriculum. It is recommended that guard members and instructors focus on two to three exercises at a time and not attempt to learn all the exercises at once. Once the members are comfortable with and understand the technique of the the first two or three exercises, they can move on to the next few. The exercises on the video are sequenced so that they become slightly more advanced or build on previous exercises as the video continues. Some exercises may take longer to master and may require more practice than others, so feel free to move at your own pace. Most exercises on the videos are shown only once or twice, but the videos can be rewound to watch the demonstrations again as often as needed. The exercises are demonstrated on the video facing front, so that correct hand grabs and positions can be observed, as well as facing back, so the guard members can practice the skill along with the video. Depending on the skill level of the guard members as well as the frequency with which these skills are practiced, the curriculum could take from one to two semesters to complete.

Color guard members will be more successful with all of the exercises presented in the curriculum if they practice often and consistently. Practice with dance and equipment skills can occur more often than just during band class or at formal rehearsals. To more quickly achieve understanding and proficiency of all the skills demonstrated in the curriculum, individual practice time, at home or at school, is highly recommended.

Biography:

Laura Aylsworth has 20+ years of experience as a color / winter guard instructor, director, and choreographer as well as experience as a color and winter guard adjudicator. She participated in color and winter guard through high school and for two seasons as a member of an independent winter guard competing in Winter Guard International (WGI). She has studied dance at Indiana University and with the Windfall Dance Company in Bloomington, IN. She has worked with and choreographed for several guard programs across the nation. For twenty years, she has been the color guard director for Springs Valley Jr./Sr. High School in French Lick, IN. Under her guidance, the ensemble has been a 14 time ISSMA State Finalist, a TriState medalist, a three-time ISSMA State Champion, a six-time ISSMA State Champion Runner-Up, and a Bands of America Grand National Finals Semi Finalist placing 3rd in Class A. In addition to her occupation as a school-based Speech-Language Pathologist, Laura gives private lessons in dance and equipment technique and also judges color and winter guard for guard competition circuits in multiple states, specializing in the Movement caption.