

Pedagogical Breakdown of Friday Presentation

Brainstorm for general discussion -> things in the presentation

1. Video - occupy wall street
2. Powerpoint
3. Language of social media.
4. Twitter - Activity - Drum circle, jester, place, general assembly, the program in general being improved ->
5. Occupy activity - what would you protest, how would you connect people, how would you structure your protest so that you would link people in a way that would be

Objectives:

1. Why are we teaching about social networking
2. How can twitter be used as a vehicle for social change

Film the video -

Video 1 -> Business

- sell at home work out

Video 2 -> Work out video

- Squats with book bag on - explosiveness out of the seat
- Rows to pick the book bag up - pick those bags up quick
- Head rolls -> eye rolls -> blinking
- Chair dips -> out of the seat
- Over use -> Hand exercises - grip strength and longevity for those extended marking sessions.
- Lunges -> out of class and through hoops
- Jump -> So when your SA says you have to? U choose when to come down
- Core flexibility -> hip flexers stretch -> dodge all the bs. That comes your way

Mr. Campbell's Power Practicum X - treeeeeeeeem

Flash in camera rolls to Andy on the stage, then down to Mr. Campbell in the audience.

Mr. Campbell - You've been here before. [camera to andy]

Andy - blah blah blah blah [camera back to Mr.C]

Mr. C - Sitting this still for this long can cause severe educational anxiety! Who can sit so long without moving? Even now I feel my vision starting to fade, my back getting tight, my shoulders starting to ache, but I can't get up! Your bored and their ain't no remedy [back to Andy}

Andy - Blah! Blahhhhhhh,, blahahalalalal.

Mr. C- But now!- with Mr. Campbell's Power Practicum X-treme - that boredom is a thing of the past. My program shows you three simple exercises that will get you body working when your mind is turned to mush!

Shmoo - BUT HOW MR. C!!!

Mr. Campbell - I'm glad you asked, Shmoo. First, head rolls. We want to start the neck and head rolling so those profs see our interest. [Up, down, back forth] you can add an elbow or two if you would like. It makes you look really attentive.

Shmoo - What next Mr. C?

Mr. Campbell - Well shmoo does your back ever get sore sitting in those chairs? Are you ever tired and slouching in that chair? Lets fix that slouch in hurry with our all new seated hip thrusters. [show the seated hip thrusters] - this exercise can realign you posture without ever looking out of place. And if your prof sees you [flash to Andy turning around]

Andy - Blah? Mr. Campbell]

Mr. Campbell - Thrust to standing thumbs up Thanks Professor Andy! [Flash to shmoo

Shmoo - But Mr. C what about your exit strategy

Mr. Campbell - I'm glad you asked shmoo. This next exercise really gets you to bend deep and explode out of your seat and move quietly to the exit. We call this one the weighted bag bend. Now this is very important for those quick, silent exits. [I show the exercise and head for the door, Andy turns around & I hit the deck]

Andy - Blah blah blah blah.... Blah

Mr. C - [leaves for the door super quietly]

Shmoo - [follows] Thank god we are out of there Mr. C, but I have been for so long that my hands have cramped.

Mr. C - Never fear my dear ! MR.C's PPX uncrimp those digets with PPX's heroic hand hercules series. [show exercise]

Shmoo - Wow I can pass again!

Mr. C - You should reflect on that.

Shmoo - I will, Mr. Campbell's power practicum x-treme sure made us educational ninjas, Eh Mr. C? [flash to Mr. C]

Mr. C - [he is gone]

Shmoo - [yells] Mr. C where'd you go?!

Mr. C - [flash to outside of education building - Running away while jumping rope Mr. Campbell jumping rope] Final exercise when all else fails - skip!!!!

For that we need:

- Costumes
- Screenplay