

CLASS STRUCTURE & CONTENT



Delivery should follow the same structure as any other sporting activity

WARM UP

Prepares the body for physical exercise
Reduces the risk of injury

Include mobility of joints
Pay special attention to Cheerleaders' wrists and ankles
Plan and prepare your warm up knowing your aims and objectives
Choose a suitable teaching formation
Stay in control of your group
Keep it energised and FUN

Aerobic Content

Marches, Side Steps, Grapevine, Box Step, Jumping Jacks, Heel Digs, Knee Lifts

GAMES

SHIPS & SAILORS

Ships – Run to the right

Sailors – Run to the left

Captains coming – Stand in Clean position, saluting right hand with vocal "Aye Aye Captain"

At ease – Stand in Ready position

Hit the deck – Lie face down on the floor

Man overboard – One person as above with second person standing.

3 people rowing – Sitting one behind the other rowing

4 people eating – Sitting in a circle eating

SAM & SALLY WALKER

Sam & Sally Walker walking* down the street

They didn't know what to do so they stopped in front of me

Hey you shake your thing, shake your thing **switch**

Hey you shake your thing, shake your thing **stop**

(*Skipping, running, jumping, hopping etc)

This is a progressive activity that can be adapted to suit different age groups and ability levels

STRETCH

Static stretch – a held stretch (8/10 seconds)

Dynamic stretch – a flowing stretch using full range of movement

Include all major muscle groups

Be aware of muscle group/area of body you are stretching

Use variations and allow for progressions

Do not use reactionary momentum (bouncing)

Step into Sport

Move around the room - Walk, skip, run, hop, jump

On instruction, stop and mimic a sporting activity using Dynamic Stretching - Tennis, Football, Golf, Netball, Swimming

CLASS STRUCTURE & CONTENT cont.



CHEERLEADING ACTIVITY

Cheer Arm Motion Drills
Cheer Jump Drills
Dance Routines

COOL DOWN

Return the body to a pre-exercise state
Reduces the risk of injury

Adapt games and remember to include stretching
Keep it fun and engaging

MARCHIN'

And we're marchin' – to the beat
I said let me see your Funky Chicken*
What did you say?
I said let me see your Funky Chicken
What did you say?
I said let me see your Funky Chicken
What did you say?
I said ooh ah ah, ooh ooh ah ah,
Ooh ah ah, ooh ooh ah ah
And we're marchin'...

*(Repeat with following progressions)

King Tut
Alligator
Super Hero
Funky DJ
Cockroach
Team Spirit
And any more you can think of!

VOCALS

Include vocals in all areas of Cheerleading activity