

SAMPLE SESSION PLAN



| TIME | ACTIVITY | SUGGESTIONS | TEACHING POINTS |
|---------|-------------------------------|---|---|
| 5 mins | Session explanation | CHEER STANCE ARM MOTIONS | Outline the session objectives |
| 10 mins | Warm up | AEROBIC WARM UP SHIPS AND SAILORS | Keep movement simple and easy to copy |
| 5 mins | Stretch | STATIC OR DYNAMIC STRETCH | Do not bounce |
| 5 mins | Cheerleading Technique | BASIC STANCE CLEAN READY | Head lifted – Shoulders back – Body upright Feet together Arms low at the side Hands in Blades Feet either together or apart Fists on hips with straight wrists |
| 15 mins | Cheerleading Technique | ARM MOTIONS LOW V HIGH V T BROKEN T | Strong – Sharp – Precise moves Arms diagonally low with tight fists Slightly in front of shoulder line with 'big eye' of fist forward Elbows & wrists straight Arms diagonally high with tight fists Slightly in front of shoulder line with 'big eye' of fist forward Elbows & wrists straight Both arms straight out to the side – parallel to the ground Hands in tight fists Elbows & wrists straight Slightly in front of and below the shoulder line Bend the arms from a T motion without moving the elbows Fists in front of shoulders with straight wrists, 'little eye' forward |
| 10 mins | Dance Routine | BOOTIE DROP | Use Proper Progression |
| 10 mins | Cool Down | MARCHIN' | Keep Cool Down fun and include Stretches |