

SAMPLE SESSION PLAN



TIME	ACTIVITY	SUGGESTIONS	TEACHING POINTS
5 mins	Lesson explanation	Discuss lesson content	Outline objectives
10 mins	Warm Up	Rumble in the Jungle Aerobic Training Improve stamina Mobility Take extra care of ankles and wrists Arm Motion Drills	Add weight bearing options as a progression Take care not to exhaust Cheerleaders Main areas of strain when stunting Extra care needs to be taken to enhance technique when stunting
5 mins	Stretches	Have realistic goals and a programme for the Cheerleaders to continue training at home	Hold all stretches for longer to improve flexibility Do not bounce
10 mins	Strength Training	Use a circuit training programme Use games and floor balances to achieve your goals Use vocal skills to help with breath control and keep the Cheerleaders focused and engaged	Cheerleaders need to build strength to improve stunt technique
20 mins	Stunt Training	Take time to explain: Spotting The skill being attempted How to build How to dismount The counts for stunting	Teach skills using proper progression, from the ground up
10 mins	Cool Down	Use games and activities to take body back to a pre-exercise state Use vocal skills	