

SAMPLE SESSION PLAN FOR TUMBLING

Time	Activity	Suggestions	Teaching Points
5 mins	Lesson explanation	Discuss lesson content	
10 mins	Warm Up including Joint Mobility exercises Aerobic Training	Regular warm up Games to include poms, balls, beanbags and other small items Improve stamina Use vocal skills to motivate	Keep movement simple and easy to copy Pay attention to shoulders, knees, wrists and ankles Take care not to over train in this area
5 mins	Stretches to improve Flexibility	Take extra care with shoulders, ankles & wrists Have realistic goals and a programme for Cheerleaders to continue training at home	Hold all stretches Do not bounce
10 mins	Strength Training	Upper body needs extra work to improve Tumbling technique Use a Cheerleading circuit training programme Use games and floor work to achieve your goals Use vocal skills to help with breathing and take the Cheerleaders mind off hard work!	
20 mins	Tumbling	Take time to explain The skill being attempted Landing preparation Spotting methods to be used	
10 mins	Cool Down	Use vocal skills	