

# SAMPLE SESSION PLAN



TIME	ACTIVITY	SUGGESTIONS	TEACHING POINTS
5 mins	<b>Session breakdown</b>	Sit group down and explain session plan	Outline the session objectives
10 mins	<b>Warm up</b>	Warm Up routine Appropriate games	Include vocals
5 mins	<b>Stretch</b>	Static or dynamic stretch	Do not bounce
10 mins	<b>Cheer Arm Motions</b>	<p>LOW V</p> <p>HIGH V</p> <p>T</p> <p>BROKEN T</p>	<p>Strong – Sharp – Precise moves</p> <p>Arms diagonally low with tight fists Slightly in front of shoulder line with ‘big eye’ of fist forward Elbows &amp; wrists straight</p> <p>Arms diagonally high with tight fists Slightly in front of shoulder line with ‘big eye’ of fist forward Elbows &amp; wrists straight</p> <p>Both arms straight out to the side – parallel to the ground Hands in tight fists Elbows &amp; wrists straight Slightly in front of and below the shoulder line</p> <p>Bend the arms from a T motion without moving the elbows Fists in front of shoulders with straight wrists, ‘little eye’ forward</p>
20 mins	<b>Dance Routine</b>	4 blocks of Foundation Urban skills routine	Encourage individual style and energy
10 mins	<b>Cool Down</b>	Repeat Warm Up	Keep Cool Down fun lowering impact with each repetition and include Stretches