

# SAMPLE SESSION PLAN FOR TUMBLING

<b>Time</b>	<b>Activity</b>	<b>Suggestions</b>	<b>Teaching Points</b>
5 mins	<b>Lesson explanation</b>	Discuss lesson content	
10 mins	<b>Warm Up including</b>  <b>Joint Mobility exercises</b>  <b>Aerobic Training</b>	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	<b>Stretches to improve Flexibility</b>	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	<b>Strength Training</b>	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	<b>Tumbling</b>	<b>Take time to explain</b>  The skill being attempted  Landing preparation  Spotting methods to be used	
10 mins	<b>Cool Down</b>	Use vocal skills	