

Objective

By the end of this lesson, the student will be able to demonstrate basic cheerleading dance steps, including jumps, arm movements, and simple routines, enhancing their coordination, rhythm, and confidence in performing cheerleading moves.

Materials and Prep

- Open space for movement (living room, backyard, etc.)
- Comfortable clothing suitable for dancing
- Water bottle for hydration
- Optional: a mirror to check form and technique

Before the lesson, ensure the space is free of obstacles and that the student is wearing appropriate clothing for physical activity. A mirror can help them see their movements and improve their technique.

Activities

• Warm-Up Dance Routine

Start with a fun warm-up to get the body moving. Play a favorite upbeat song and encourage the student to dance freely for 5-10 minutes, incorporating stretches for arms, legs, and torso.

• Basic Jumps

Introduce the student to basic cheerleading jumps such as the "T Jump" and "Toe Touch." Demonstrate each jump and have the student practice them, focusing on form and landing softly.

• Arm Movements

Teach the student basic arm movements used in cheerleading. Show them how to perform "High V," "Low V," and "Knees Up." Practice these movements while counting to maintain rhythm.

• Choreographed Routine

Combine the jumps and arm movements into a simple routine. Create a sequence of 4-8 counts that the student can follow, encouraging them to add their flair and personality.

• Cool Down

End the lesson with a cool-down session. Guide the student through gentle stretches to relax the muscles and reflect on what they learned during the lesson.

Talking Points

- "Cheerleading is not just about the moves; it's about expressing energy and enthusiasm!"
- "When performing jumps, always remember to land softly to protect your knees and maintain balance."
- "Arm movements are crucial in cheerleading; they help convey your energy and excitement to the audience!"
- "Practice makes perfect! Don't worry if you don't get it right away; keep trying and have fun!"

- "Let's add your personal touch to the routine; cheerleading is all about showcasing your unique style!"