

## Objective

By the end of this lesson, the student will be able to demonstrate basic cheerleading techniques and understand the importance of physical fitness in cheerleading.

## Materials and Prep

- Pom-poms or any lightweight substitute
- Open space for movement
- Comfortable clothing and athletic shoes
- Water bottle

No prior knowledge or experience is required for this lesson.

## Activities

- Warm-up: Start with a brief warm-up consisting of stretching exercises to prepare the body for physical activity. Focus on stretching the arms, legs, and core.
- Cheer Basics: Teach and practice basic cheerleading moves such as jumps, arm motions, and cheers. Demonstrate each move and provide clear instructions on how to perform them correctly.
- Routine Creation: Guide the student in creating their own cheer routine using the moves they have learned. Encourage creativity and allow them to incorporate their own style into the routine.
- Performance: Have the student perform their cheer routine, either in front of you or in front of a family member. Provide positive feedback and constructive criticism to help them improve.
- Cool-down: Finish the lesson with a cool-down period, focusing on gentle stretching exercises to relax the muscles and prevent soreness.

## Fifth Grade Talking Points

- "Cheerleading is a physical activity that combines dance, gymnastics, and cheering to support sports teams or entertain an audience."
- "Cheerleading requires strength, flexibility, coordination, and teamwork."
- "Practicing cheerleading helps improve fitness levels, including cardiovascular endurance and muscular strength."
- "Cheerleaders often perform at sports events to motivate the teams and entertain the audience."
- "It is important for cheerleaders to follow safety guidelines and wear appropriate protective gear to prevent injuries."