

Weeks 1 & 2 – Introduction

Let's Have Some Fun

Cheer- Go-Big-Black



Cardio Warm-up

8 hops
8 jumping jacks
8 hops
8 jumping jacks
Kneel down
Right arm out to the right with left hand on hip-shake pom 8 times
Repeat with left arm out to the left with right hand on hip-shake pom 8 times
Both arms out in buckets to the side-shake poms 8 times
Stand up
Cheerio 8 times
Repeat all

Stretches

1. Legs in pike-point and flex and reach for toes
2. One leg bent in one leg extended reach for toes with pointed and flexed both right and left
3. Straddle-pull lace of shoes with knees facing the ceiling
4. Butterfly
5. Right and left lunge
6. Right and left splits

Clapping Exercise

2 claps
2 clasps
Repeat
*Have each girl perform individually to increase confidence in front of a crowd

Vocal Exercise

“Go” clap clap
“Go” clasp clasp

Arm motions

1. Broken T, T, high V, low V, touchdown

Cheer

Go Big Black

1-2-3-4	—————>	4 digs
Go big	—————>	2 claps
Black	—————>	Slap legs
Yell it	—————>	Touch down
Go big black	—————>	3 claps

* Always start a cheer with hands on hips “when I say ready” you say, “set” into a clean position

Pom work

8 hops feet together with poms at chest (in daggers or elbows on table)

8 counts shake poms in T (not hopping)

Ending

Little Sally Walker

*All games explained
in the introduction

Hand Stamp

“Ready”

Handout/Awards

Wk.1. Letter from the Owner

Wk.2. Cheer Vocabulary Handout

Note: Explain to the parents at the end of the first class that some of the handouts we will give will be for the kids and some will be for the parents. Ask them to purchase a folder for the girls especially for their handouts.