

Cheerleading Syllabus

Course Title: Introduction to Cheerleading

Course Duration: Aug. 2023-December 2023

Instructor: Nichole Frasure and Kim Hindman

Course Description: This introductory cheerleading course is designed for beginners who are interested in learning the fundamentals of cheerleading. Students will develop basic cheerleading skills, including motions, jumps, stunts, and cheers. They will also gain an understanding of teamwork, safety, and the importance of physical fitness in cheerleading.

Course Objectives: By the end of this course, students should be able to:

- Execute basic cheerleading motions with precision.
- Perform basic jumps with proper technique.
- Demonstrate proper spotting techniques for stunts.
- Execute simple stunts and pyramids safely.
- Memorize and perform a variety of cheers and chants.
- Understand the importance of teamwork and communication in cheerleading.
- Recognize the significance of physical fitness and conditioning for cheerleaders.

Course Outline:

Objective 1: Introduction to Cheerleading

- Overview of the course and safety guidelines.
- Understanding the history and role of cheerleading.
- Proper warm-up and stretching techniques.

Objective 2: Basic Motions and Technique

- Introduction to cheerleading motions (high V, low V, T, etc.).
- Drills and practice for improving motion technique.
- Incorporating sharpness and precision into motions.

Objective 3: Jump Technique

- Teaching basic jumps (toe touch, pike, hurdler, etc.).
- Focus on proper form and height.
- Jump drills and exercises.

Objective 4: Stunt Fundamentals

- Introduction to stunting basics (bases, flyers, and spotters).
- Safety protocols and spotting techniques.
- Formation of small stunt groups to practice basic stunts.

Objective 5: Cheers and Chants

- Learning and memorizing common cheers and chants.
- Voice projection and synchronization.
- Performing cheers with enthusiasm and confidence.

Objective 6: Teamwork and Fitness

- Emphasizing the importance of teamwork in cheerleading.
- Brief overview of conditioning exercises for cheerleaders.
- Final assessment and demonstration of learned skills.

Required Materials:

- Comfortable athletic clothing
- Athletic shoes with good grip
- Hair ties (for safety)
- Water bottle
- Notebook and pen for notes

Note: Safety will be a top priority throughout the course, and all stunts and activities will be taught with safety guidelines in mind. Instructors will closely supervise all activities to ensure the well-being of students.