

GLENDALE UNIFIED SCHOOL DISTRICT

Senior High School

April 1, 1997

Department: Physical Education  
Course Title: Pep Squad  
Grade Levels: 9, 10, 11, 12  
Semester Hours: 5  
Prerequisite: Try-out and Parent-Teacher approval  
Course Description: This course will introduce the student to the skills of cheer and song routines and the disciplines of group performance. The class will include yell leaders, song leaders, cheerleaders, short flags, and mascot and will function as the coordinating group for all spirit activities.

I. Goals

The student will:

- A. Develop the skills of group leadership.
- B. Learn to work cooperatively with peer leaders in demanding and pressure situations.
- C. Understand the significance of the ongoing development of character, responsibility, respect for authority, and acceptance of self and others.
- D. Improve coordination, rhythm, poise, discipline, and endurance.
- E. Appreciate and cultivate the disciplines involved in representing the school to the community at large.
- F. Understand the value of physical fitness and its positive contribution to overall appearance and body carriage.

II. Outline of Content

The student will:

- A. Promote spirit, perform routines, and attend games.

- B. Demonstrate an awareness of the proper care and maintenance of uniform and equipment.
- C. Identify the elements of superior performance expected to be demonstrated at the competitive levels of interschool contests and reviews.

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- E. Practice to improve coordination, poise, rhythm, precision flexibility, posture, and confidence.
- F. Participate in selected exercises designed to develop muscle tone, flexibility, strength, and agility.

### III. Performance Assessment

- A. Teacher-made tests
- B. Daily work and participation
- C. Teacher observation and evaluation
- D. Game and event performance
- E. Student's self-evaluation

### IV. Suggested Time Distribution

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| A. Marching - Precision Drill - Routine Skills | 60% |
| B. Competitive Performance/Judging Standards   | 20% |
| C. Orientation/Department Policies             | 10% |
| D. Testing and evaluation                      | 10% |