

Beginning 1 Cheer Syllabus

General Goals: beginner cheer skills and basic steps/arms

Skills taught:

- Arms: high V, low V, half V, touchdown (low/high), punch up with hand on hip, L, T, half T, diagonals (and broken), bow & arrows, daggers, buckets/candlesticks, breakthrough T, breakthrough diagonal, tabletop
- Hands: cinnamon rolls (big and little), blades, thumbs, clasps and claps
- Jumps – straight (T) , tuck, star, A jump
- Hopping
- Marching
- Pointing toes
- Cross overs
- Spanking runs
- Jump, cross, turn
- Scoop claps
- Knee pops
- Skipping

Skills introduced:

- Preps for jumps and kicks
- Stunts
- Cartwheels
- Spotting
- Forward/backward rolls
- Chant/cheer
- Lunges
- Cheer kicks
- Splits and stretching
- Headstand-tripod

Classroom Etiquette:

- Entering class ready to dance and on time
- Ready to warm up
- Cheer shoes on, hair pulled back, no gum
- Using the bathroom before class only
- Raising their hands before sharing with the teacher or the class
- Trying all new moves introduced in class
- Exhibiting a positive attitude in class