

## Beginning 2 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

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|--------------------|---------------------|---------------------|
| • Backbend         | • Spanking runs     | • Grapevine/karaoke |
| • Handstand        | • Jump, cross, turn | • Knee pops         |
| • Pointing toes    | • Scoop claps       | • Spotting          |
| • Headstand-tripod | • 3 step turns      | • Pivot turns       |

### Skills introduced:

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|-----------------------------|---------------|---------------------------|
| • Preps for jumps and kicks | • Chant/cheer | • Step slides/ Drag slide |
| • Stunts                    | • Lunges      | (transferring weight)     |
| • Cartwheels                | • Cheer kicks | • Splits and stretching   |
| • Forward/backward rolls    |               |                           |

### Classroom Etiquette:

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