

Intermediate 1 Cheer Syllabus

General Goals: intermediate cheer skills with more jumps/stunts/tricks

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, toe touch, left and right herkie/hurdler
- Lifts: thigh stand (3-4 people) gut stand, chin stand, preps, shoulder sits

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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 | • Roundoffs | • Expression |

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 | |