

CHEERLEADING

WHAT IS CHEERLEADING?

Cheerleading, an acrobatic team sport, is a combination of **gymnastic moves, pyramids, air throws, jumps** and **dance**. Squads made up of girls only or girls and boys can consist of up to 24 athletes. This sport is becoming increasingly popular in schools all around the province of Quebec. The days of pom poms and megaphones are gone – cheerleading is now a colourful spectator sport. Regardless of their role, **EACH AND EVERY MEMBER PLAYS A CRUCIAL ROLE** in performing the different parts of the choreography.

▶ Video created by **Howcast** on the YouTube channel:

<https://www.youtube.com/watch?v=YDtXs8Tlt6Q>

EQUIPMENT

 Mats

 Inclined surfaces

 2 floorboards

 1 large safety pit

HOW TO MAKE THIS ACTIVITY A SUCCESS



Create **diverse teams** to make sure everyone can try out at least two roles.



Mimic the mounts and dismounts before performing them.



Use **counting** (1, 2, 3, 4, 5, 6, 7, 8) to make synchronizing stunts and tumbles easier.



Remove all **accessories** (no jewelry or watches) and keep **fingernails** short.

THE INTRODUCTORY SESSION

Based on the time you have available, design a session to the skills and preferences of your students. Pay attention to the following pictograms:



Elementary school level



High school level



Outdoors



No equipment



Distancing



Solo



To practice outdoors, choose a **dry, grassy area** to prevent your shoes from getting wet (they can become slippery and unpleasant for the hands of the bases).

WARM-UP

THE POSITION GAME



OBJECTIVE: Training the abdominal muscles through static postures on your own or with a partner.

Show different “core-building” postures that can be done alone or with a partner. Move around and, on cue, perform the requested position as quickly as possible. Option: give an extra challenge to students in last place.

ROCK



SEAL



BRIDGE



BANANA



HORSE



NEWLYWEDS



CHAIR



MOUNTS

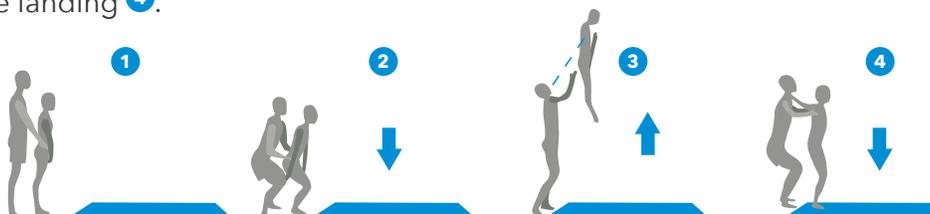


EQUIPMENT: 1  per squad (or a grassy area)

OBJECTIVE: Executing a push-off without losing contact with the flyer.

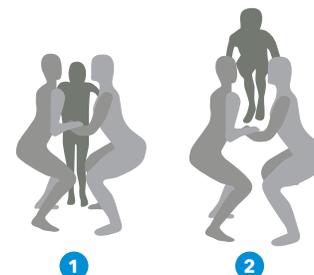
In **pairs**, designate 1 **flyer** and 1 **back base**:

- **BACK BASE.** Place hands on the hips of the flyer ①, bending legs at the same time ②, helping the flyer jump as high as possible ③ without letting go and controlling the landing ④.
- **FLYER.** Bend your legs and jump ② as high as you can while remaining, firm ③. Bend your knees to cushion the landing ④.



Then, in **groups of four**, try to keep the mounting position as long as possible

- **SIDE BASES.** Facing each other, bend your knees slightly and place your hands, side by side, facing the sky, at navel level ①.
- **FLYER.** Place your hands on the shoulders of the side bases ①. Jump, extend arms and place feet in the hands of the bases ②.
- **BACK BASE.** Grab the flyer's hips to help her mount ①. Hold her hips or grab her ankles ②. When dismounting, grasp her hips to cushion the landing.



 Bases are responsible for the safety of the flyer – the flyer must NEVER fall to the ground!

DISMOUNTS

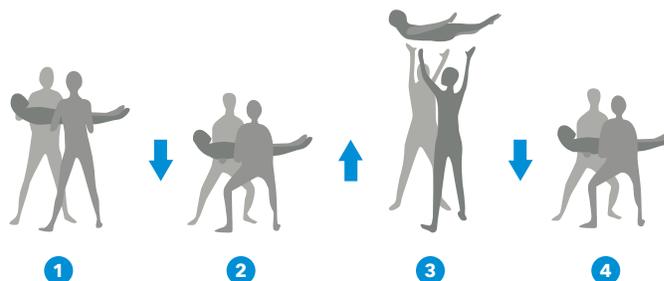


EQUIPMENT: 1  per squad (or a grassy area)

OBJECTIVE: Practicing the landing position (cradle) in teams of 4: 2 side bases, 1 back base and 1 flyer.

In **squads of four**, designate 2 **side bases**, 1 **back base** and 1 **flyer**.

- **SIDE BASES (2).** Face to face, interlock arms, hands towards the sky to make a cradle where the flyer lies down ①. On cue, bend your legs ② and toss the flyer ③. Catch the flyer by cushioning yourself with your legs (back straight, so that your head does not get hit ④).
- **BACK BASE.** Positioned near the flyer's shoulders, support her with your hands, palms facing up ①. Bend your legs along with the side bases ②, gently tossing the flyer, so that he can stay in the prone position ③ and cushion his landing ④.
- **FLYER.** Grab the side bases by the neck and lie on their arms ①. Let yourself be tossed ② and place your hands on your thighs ③. Maintain the muscle tension in your core ④.



TECHNICAL ACTIVITY

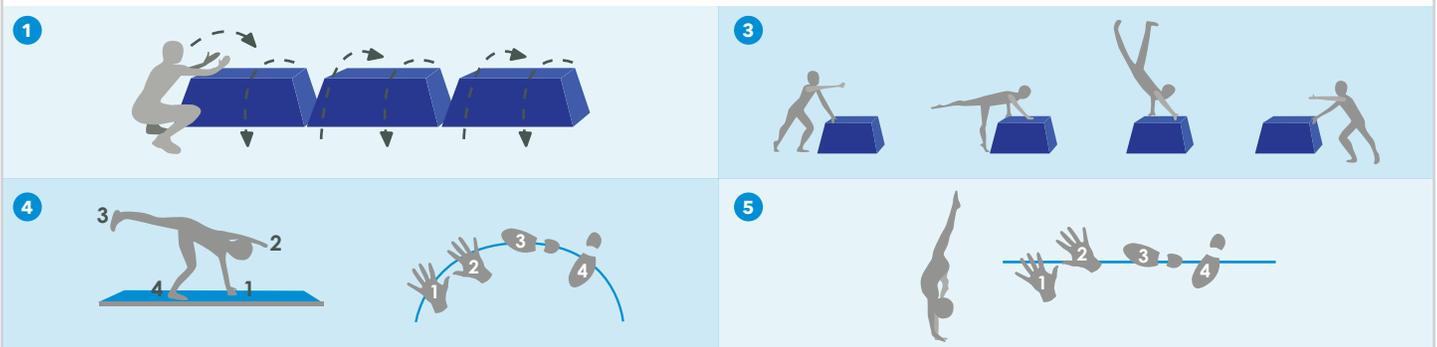
CARTWHEELS



EQUIPMENT: Some and some

OBJECTIVE: Performing different cartwheel steps in the right order, trying to keep your arms straight.

- 1 **LITTLE RABBIT.** Place your hands on the baseboard and step over it with your feet together.
- 2 **TAKE-OFF FOOT.** With your back to 1 partner, ask her to push you forward gently. The foot that is moved forward to avoid the fall is typically the one that will be used to do the cartwheel.
- 3 **BIG RABBIT.** Place your hands on the floorboard to move your pelvis and legs over it as high as possible (ideally, above your head).
- 4 **SEMI-CIRCLE.** Place your feet on the semi-circle on the ground, following the "HAND, HAND, FOOT, FOOT" pattern.
- 5 **LINE.** Place your feet on the straight line on the ground, following the "HAND, HAND, FOOT, FOOT" pattern.



TECHNICAL ACTIVITY

REVERSE HANDSTANDS



EQUIPMENT: +

OBJECTIVE: Performing different handstand steps in the right order.

- 1 **CORE STRENGTH.** In **pairs**, partner (A) stands in the plank position on her hands. Partner (B) grabs her ankles and lifts her up as high as possible, without letting her hips fall to the ground. Hold for **five seconds**.
- 2 **SQUARE.** On your **knees** or **feet**, place your pelvis over your head. Hold for five seconds.
- 3 **SQUARE TO THE WALL.** Start with your feet on the floorboard. Raise one leg as close as possible to the wall. Hold for **five seconds**. Repeat with your other leg.
- 4 **LITTLE RABBIT ON THE WALL.** Start in a crouched position with your back to the wall. Raise your feet as high as possible while remaining crouched.
- 5 **AGAINST THE WALL.** Facing the wall, place your hands on the ground, lifting one leg after the other, trying to reach as high as possible (ideally against the wall).



Stretch out your arms and **tighten your abdominal muscles** to avoid falling on your head during the mount and dismount.

FINAL ACTIVITY

CHOREOGRAPHY



EQUIPMENT: 4  per squad (or a grassy area)

OBJECTIVE: Synchronizing moves with your squad members.

In squads of 4, create a choreography including the **mounts**, **dismounts** and **gymnastic lifts** shown during the session. Ensure that the lifts are safe (controlled). Give a score out of 10, if you wish, to recognize originality, timing and performance quality!

COOL-DOWN

STRETCHING



EQUIPMENT: 1  per pair (or a grassy area)

OBJECTIVES: Relaxing your muscles and improving your flexibility.

Get into the desired position (it's slightly uncomfortable, but not painful) and hold it for **30 seconds**. Breathe in and out!

COBRA



Arms bent or stretched, straighten up to relax your back and abdominal muscles.

HURDLER



Pointed foot or toes raised towards your shin, bend towards your leg.

PIGEON



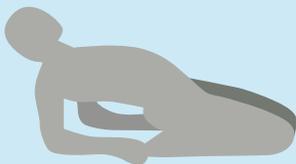
One knee bent or at 90° angle, straighten up to relax your hips.

TIGHT TUCK



Feet pointed or toes towards your shin, bend forward without flexing your legs to stretch the back of them.

ARC



Hands, elbows or shoulders on the ground, bend backwards to relax the hips.

BIG V



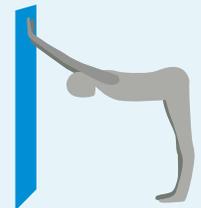
Hands on knees or on the floor, bend towards the ground to relax the back of your legs.

SCORPION



Lie on your stomach, turn over a little on the arm in contact with the ground to stretch your pectoral muscles.

CLOTHESLINE



Hands extended or more pressed together, let your torso fall towards the ground to relax your shoulders.



For more details on the **cheerleading** leagues in your area, visit the RSEQ website.

RSEQ.CA

*The RSEQ is not responsible for the content shown on any of the linked sites.