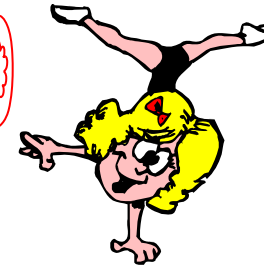


Week 6: FEBRUARY 22-27, 2010

CARTWHEELS FOR CARING



Introduction:

Review the pillar of caring. Remind the cheerleaders that they can still earn kindness leaves. Tell them that we are going to be practicing a lot of cartwheels this week.

Warm up:

While the cheerleaders are running have them say the words to the cheers and chants they have learned. Emphasize sideways stretches and review straddle position.

Jumps:

Stations

- Jump off of a spring board and perform various jumps.
- Jump up onto a panel mat and then off of the mat.
- Conditioning—Straddle v-ups, frog jumps, plie jumps
- Bring the group together and make a jump circle. Do all the jumps together so that they can see each other, make sure they are all taking off, hitting the jump and landing at the same time.



Tumbling:

Stations:

- Cartwheel—over panel mat, off of panel mat, between 2 mats (this helps the girls kick their legs over their heads so they don't knock over the mats)
- Round offs
- Handstands
- Bridge
- Bridge kick-over
- Drills for back handsprings

Stunts:

Drills for full downs.

Dance:

Review the dance. Perform to music.

Closing Activity:

Have each girl show one thing. Either a jump, tumbling, cheer or dance—let them choose.

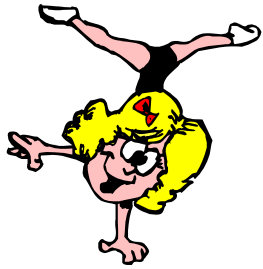


TWISTER INSTITUTE OF CHEER

EDUCATIONAL AND RECREATIONAL CHEER PROGRAM

CHARACTER COUNTS!SM At Twisters!
 February: Cartwheels for Caring





Week 6: FEBRUARY 22-27, 2010

CARTWHEELS FOR CARING



Closing Activity:

Meet a Character: Karina (the kangaroo)

Children will be introduced to the notion of good character, discuss and define it and then learn about Karina, the “Character Carousel” animal that represents caring. Then conclude with a coloring activity.

Preparation material:

Karina the Kangaroo handout (one for each child)

Procedure:

Tell the students: *When you watch cartoons on TV, you see many different characters. Can anyone tell me who some of these characters are that you see?* Field answers and compliment them on their choices. Next say: *The word “character” also has another meaning; it’s what we are inside. It shows itself when we behave certain ways. If we behave well, we show good character.* What are some examples of behavior that shows good character? List and help explain their answers. Suggest others (e.g., helping others at home and in school, following instructions, sharing, etc.)

After you feel that they understand the concept, explain to them. Say: *one way to show good character is to care about others. Hold up the handout of Karina for them. This is Karina the Kangaroo. Her name comes from the Spanish word caring. She is kind, thankful, forgiving and helps those in need. She thinks about how her actions will affect others.*

Go through the description of Karina’s behavior and help the children define how the cartoon characters that they mentioned earlier show caring for others. Then ask them how they can show caring in their own lives.

Conclude with the coloring sheet and invite them to take her home and explain her good character to others.



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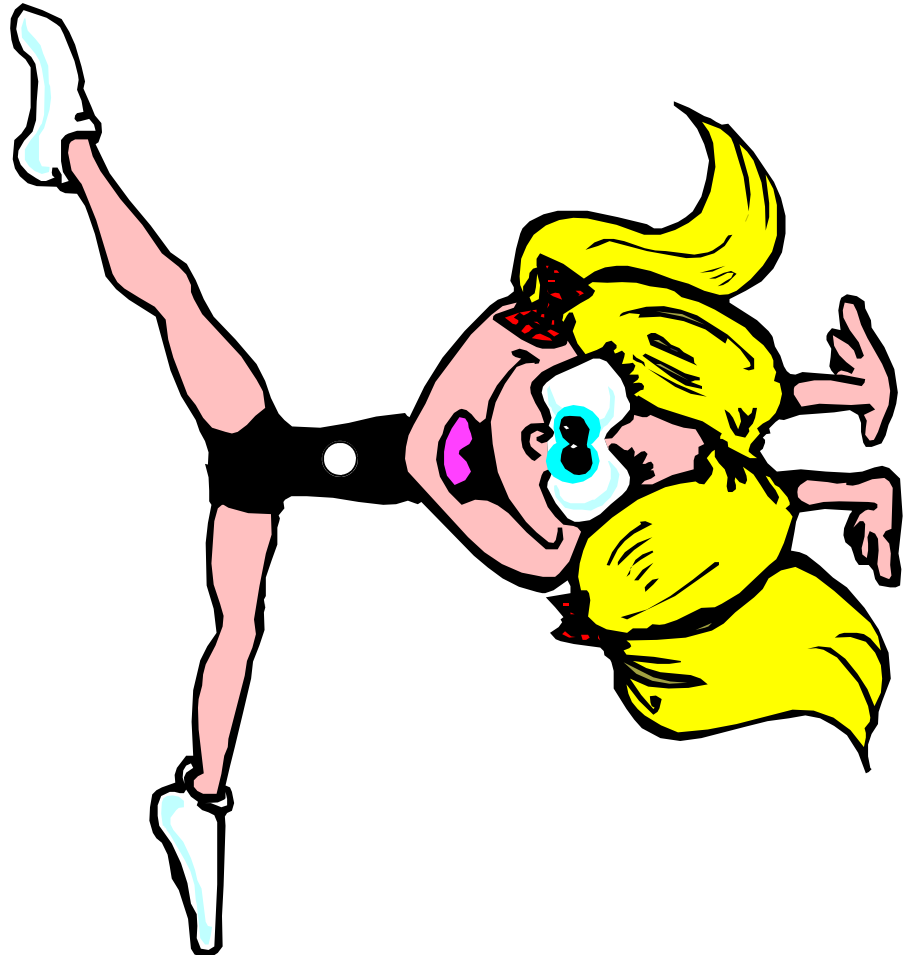
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WAGY FEBRUARY 22-27, 2019
CARTWHEEL FOR CARING



**CUT OUT THE GIRL.
TAKE A PENCIL/PEN
AND POKE IT THRU
THE CIRCLE ON THE
GIRL'S STOMACH.
ROTATE THE PEN-
CIL AROUND. THIS
MIMICS A CART-
WHEEL.**

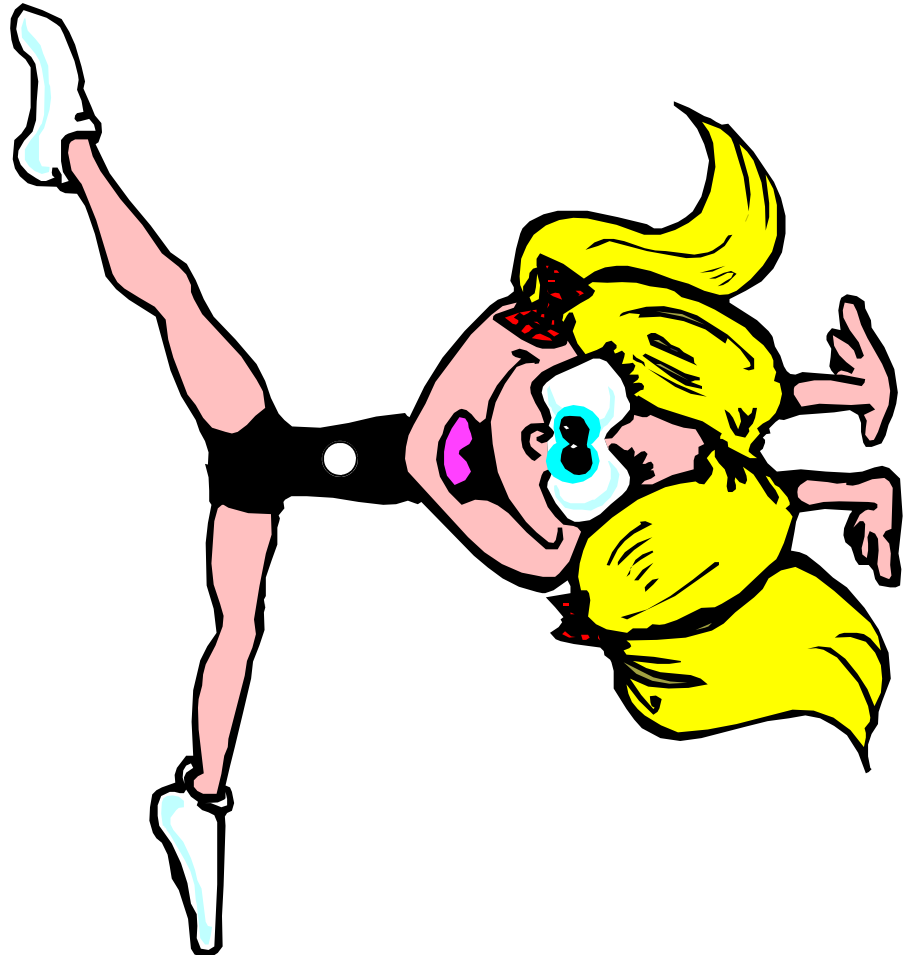
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