

# TWISTER INSTITUTE OF CHEER

EDUCATIONAL AND RECREATIONAL CHEER PROGRAM

CHARACTER COUNTS! SM at Twisters!

September: *Tumbling for Trustworthiness*



“Leadership  
is an action,  
not a  
position.”  
-Unknown

## WEEK 6: FUN WITH FRIENDS! SEPTEMBER 27TH-OCTOBER 2ND, 2010

### Introduction:

Welcome all the friends that the cheerleaders brought today. This week we will review all the material and teach a new cheer.

### Warm Up:

Have all the cheerleaders that brought a friend introduce their friend to the group. Then have the cheerleaders in class introduce themselves.

Cardio. Stretch. Go over different jump and body positions.

### Review:

Jumps—utilize the tumble trak and trampolines today for jumps.

Motions—have the girls take their friend and teach them the motion routine.

Tumbling—handstands, cartwheels, round-offs (and any other skill they have been practicing)

Stunts—thigh stands and extension prep only.

### Lesson:

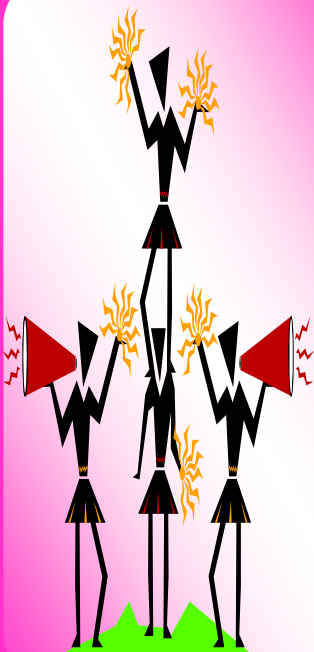
Teach the cheerleaders a new cheer with a jump or tumbling skill in it. Also, teach a quick 2 eight count dance. Break the cheerleaders into groups to practice the cheer. Give them 10 minutes to practice and then have the different groups perform the cheer for the rest of the group. Take turns performing the cheer until all groups have had a turn.

### Closing Activity:

Scoters

Sit in a circle and have the girls say something positive about the girl sitting next to them.

\*\*\*REMEMBER: Tell the friends you enjoyed having them in class today and you would



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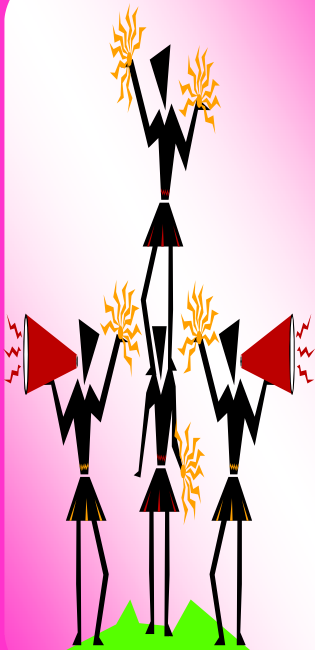


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U	A	C	E	C	N	A	D	H	H
C	D	M	M	E	T	C	S	I	T
H	A	N	D	S	T	A	N	D	S
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T	O	E	T	O	U	C	H	M	N
U	S	I	G	W	B	S	O	B	U
M	P	K	U	D	H	T	A	I	T
B	M	R	F	R	I	E	N	D	S
L	U	E	E	O	E	R	E	T	L
E	J	H	N	O	J	J	B	L	C



CHEER	TUMBLE	STUNT
MOTION	JUMPS	FRIENDS
HANDSTAND	CARTWHEEL	DANCE
TOE TOUCH	BRIDGE	HERKIE