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How to Use Curriculum

The curriculum is meant to be used for coaches to look over beforehand and plan their sports sessions with a list of drills you want to do. This way you make sure you know exactly what you are going to do next and there is no down time to look over the drill in the curriculum; kids do not do well with down time! This curriculum is not meant to be used during the sports camp time, so please do not carry it around with you during the camp.

Use this curriculum to familiarize yourself with what skills are being taught for each day and some examples of drills that work well for kids. You do not have to use all of the drills that are listed, pick and choose the ones you think will help the kids the most in your ministry. Not all of the drills are appropriate for all ages of kids, so use discretion when coaching different ages. In the back of the curriculum there is an example of what a BASE Coach has done in the past on each day and the pages they are referenced. Feel free to copy this exactly, or change what you need to.

This curriculum is meant to be used by coaches of all skill level! Even if you think you know everything there is to know about cheer, take some time to go over the drills/cheers/chants and make a list so that you are well prepared for each day. These drills are written to be both fun and develop the skills of the campers, so they are written for kids. The sports camp is all about creating a loving environment for the kids to have fun and hear about the gospel. For this reason the curriculum should stay fun and focus on skills development instead of competition. So please use these drills to connect to biblical principles. Teamwork is huge and a very good way to connect real life application to sports.

Lastly, make sure to have fun with the kids!
Coaching Tips

• Create a list beforehand of the drills you want to do and some backup drills for in case you need to fill more time. You can also write down small reminders of how to do the drill.

• Some easy rules for kids to follow include:
  o Always listen to coach
  o Be nice to others
  o Be encouraging

• Use your assistant coaches to run the drills with their team and make sure the kids are doing them correctly while you set up the next drill and encourage the campers. Whenever, you give instructions to the campers, also give instructions to the assistant coaches.

• Use a whistle to have fun, make sure you explain what different whistle blows mean.

• Make sure to keep the kids and yourself hydrated!

• Remember the reason for sports camp, to reach kids with the gospel of Christ.

• Space and time are two ways to make a child more successful. The larger the space the easier the drill is. The longer the time the easier the activity is. To make the activity more challenging shrink the space or the time.

• Encouragement is the key to kids having fun. Make sure you point out specific items that a child is doing right and praise them for that. Even if it’s for trying to follow the instructions.
Warm-up Games

Games that can be first thing to get kids warmed up and ready to cheer.
CARDIOVASCULAR WORKOUT

(1) The workout begins with the girls standing in place and bringing their knees up as high as comfortable. Do this for about one minute to get your heart rate up.

(2) Next, take a step forward with the right foot and then the left. Bring the right knee up and then back down. Step back with the left foot and then bring the left knee up and then back down. Do this at a quick pace and repeat it about eight times. Then finish by stepping in place again.

(3) Next, jump with both feet together to the left - three jumps. Clap your hands and place your arms in the High V position. Repeat about eight times and then continue to step in place.

(4) This step is a cool down so slow the pace down. Begin by stepping to the left with your left foot, then crossing over it with your right then stepping left with your left foot again. Touch the ground with your left hand. Then go the opposite way by stepping right with your right foot, crossing your left over your right and then stepping right again and touching the ground with your hand. Repeat about eight times.

STRETCHING

(1) Toe Touchers: Put your feet together and keep your legs straight. Reach down with both hands to try to touch your toes. Your legs must be straight the entire time. Hold this position for twenty seconds and repeat twice.

(2) Quad Stretch: Grasp your left leg at the ankle and gently pull upwards behind your back. Hold this position for twenty seconds, then repeat with your right leg. Repeat both left and right legs twice.

(3) Lats Stretch: Place your right arm behind your head and try to touch your left shoulder blade. Place your left hand on your right elbow and apply pressure until you feel a stretch. Hold for twenty seconds then do the same with your left arm. Repeat this stretch twice on each arm.

(4) Cross Over: Place your right arm directly over your chest and place your left hand under the middle of your right forearm. Apply light pulling pressure until you feel a stretch, then repeat with your left arm.

(5) Flexibility: While sitting on the floor, loosen up your neck, wrists and ankles. Roll your neck in circles clockwise then counter-clockwise. With your arms extended roll your wrists clockwise and counter-clockwise. Extend your legs and do the same with your ankles.
WAVES AND RIPPLES

How to set up:
Have the cheerleaders form a large circle around the coach. Each girl will receive a number.

How to play:
While the coach stands in the middle of the circle, he will call out a basic motion as well as a number. The girl with the number called will do the motion that the coach has called out. The motion is then repeated through the circle to the right creating a “wave” effect. The coach will call out numbers and motions until all the motions have been reviewed.

DUCK - DUCK - GOOSE

How to set up:
All the cheerleaders will sit in a large circle. One girl will be chosen to walk around the circle and tag a “goose.”

How to play:
The cheerleader chosen to tag the goose will jog around the outside of the circle, lightly tapping the heads of the girls in the circle and saying “duck.” When the cheerleader tags a girl to be the goose, she will start to run around the circle while the goose stands and chases her. The goose will try to catch her before she sits in the spot that the goose has just vacated. If she is caught by the goose, then she must perform a cheer movement for the group. Encourage the girls to cheer on both girls.

SHIPS AND SAILORS:

How to play:
This game consists of the giving commands to the cheerleaders which they have to do exactly right or they are eliminated. Any girls without a partner or group after the command is given is also eliminated (like musical chairs). The leader begins by explaining the different commands. The commands are:

**Ships**: (run to the left)
**Sailors**: (run to the right)
**Man Overboard**: Girls will pair up at this command. One will be on her hands and knees
and the one standing will place her foot on the back of the girl on the floor.

**Three Men in a Boat**: On this command, the girls will get into groups of three. They sit three in a row with their legs around the girl in front of them and the must sing “Row, row, row your boat.”

**Dinner Time**: Four girls sit in a square and pretend to eat.

**Hit the Deck**: All girls must lay flat on the floor.

**Mermaids**: The girls stand on one foot and wave, saying “Hi, sailors.”

**Captain’s Coming**: The girls come to a complete stop and salute. They may not move to any command except “At ease.”

**At Ease**: This command releases the girls from the “Captain’s coming” command.

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**CHEER TAG**

**How to play:**
The camper who is “IT” chases the other girls. When she tags a girl, that girl must do a cheer movement and she is now “IT”.

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**JUMPIN’ JELLY BEANS**

**How to play:**
Divide the cheerleaders into teams of equal numbers. Have the teams line up at the starting line. Instruct the first person on each team to run to a designated line, turn, and face her team. Starting with 5-6-7 perform an 8-count Jump Prep with a Pencil or Star Jump with her team yelling out the count. She returns to her team, tags the hand of the next girl in line and then sits in the back of the line. The first team to have all the campers seated, wins.

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**LITTLE SALLY WALKER**

**How to play:**
Have the cheerleaders form a circle by using the instructional chant “Make a Circle.” Select between 2-4 girls to be in the center of the circle. Those in the middle will skip around the circle and then stop in front of a girl of their choice and show the girl her jump. This is all done while the group sings, “Little Sally Walker walking down the street. She didn't know what to do so she stopped in front of me.” This is the point that the girls inside the circle will stop in front of a girl and do their jumps. The group continues singing “She said hey girl, do your thing, do your thing, switch.” The girl she is facing now does the same jump back. The group continues “Hey girl, do your thing, do your thing, switch.” Repeat.
How to play:
The game is led by the head coach (Simon). The coach makes a cheer movement for the girls to imitate. She proceeds to the next movement by saying or not saying “Simon Says.” For example, she might say “Simon says, do daggers.” She would then do daggers and the girls would also do daggers because she said “Simon says.”
If the coach just says “Do daggers” without saying “Simon says” then the girls that do daggers will be eliminated. Continue to play until there is one winner.
These are fun chants to teach the girls how to use their diaphragm and project their voice. Some are simply for individuals and others are for entire teams to do together. There is also some instructional chants to have fun while giving instructions.