



Self-Esteem, Modelling and Cheerleading for kids 12 and under

Program Curriculum/Plans

Week 1:

Introductions

'Get to Know Me' Games

Snack time

Introduction to Modelling

Basics of Cheerleading

Week 2:

Having fun with Modelling

Team game

Snack time

Having fun with Cheerleading

Week 3:

Etiquette and Modelling Techniques

Team game

Snack time

Design our own cheers

Week 4:

More fun with Modelling

Team game

Snack time

Putting our Cheers into ACTION

Week 5:

Telling the team who we are and what we like about ourselves

Celebrating ourselves and who we are

Modelling techniques showing we are proud of ourselves

Snack time

Continue putting our Cheers into ACTION

Week 6:

Perfecting our Modelling techniques

Snack time

Perfecting our Cheerleading techniques

Choreographing both

Performance 1: Modelling

Performance 2: Cheerleading