

Cheerleading



Cheerleading is an up-and-coming sport within the UK. It is currently the fastest growing sport in the UK. It combines skills used in dance and gymnastics whilst also using team working skills. The main elements of cheerleading are Stunts, tumbling, dance and jumps and chants. Everything in cheer is done in counts of 8.

Sport Coaching Group aspires to provide the opportunity for all children to access sport as well as providing an inclusive environment in which to operate. Our experienced and highly trained coaches exhibit an engaging environment where children are able to strive for excellence whilst also being equipped with the appropriate skills to participate in sport for life.

Key Stage 1

At this age we would be focusing on learning the basic cheer skills. We would be working on fun games and activities that would develop their jumps, tumble, dance, and stunt skills. They will also be working on doing skills to count and being in time with each other. There will also be a focus on skills such as Confidence, Commitment, Control, Communication, Concentration.

Key Stage 2

At this age they will be working on more sport specific skills. They will still be doing skills to count and working on timings. Using the skills they have learned to put together short routines. This can be as a whole class or in smaller groups. We aim to put an emphasis on teamwork, Confidence, Commitment, Control, Communication, Concentration as well as the physical skills.

General Information

Our company always provides a high quality of coaching no matter what sport we provide and we always encourage and allow children to strive for excellence and inspire them to achieve greatness. However, our main priority is to provide the children with the opportunity to get involved under any circumstance. Inclusion, diversity and equality are essential in all our lessons and we strive to equip each child with the appropriate knowledge and skill set in order to compete and learn to use in and most importantly out of our sessions in everyday life.