 

**Lesson Plan: *Cheerleading***

**Topic: Introduction**

1. **Education objectives:**

Students are able to replicate accurately eight basic cheerleading moves.

1. **Gained knowledge:**

Students know to perform the basic cheerleading moves into an 8 count.

1. **Methodology:**

* Dialogue
* Discussion
* Individual work
* Pair work

1. **Equipment:**

* Data projector
* Laptop with Wi-Fi connection
* Power Point presentation prepared in advance

**Lesson structure**

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| **Lesson phase** | **Tasks and exercises** | **Methodology and equipment** |
| 1. **Organisation** | | |
|  | * Greeting * Attendance check * Explaining the lesson objectives and structure | Electronic attendance sheet |
| 1. **Motivation** | | |
|  | * Arousing the students´ interest in gaining information and knowledge about cheerleading |  |
| 1. **Practise** | | |
|  | * Exposition of new topic by means of Power Point presentation prepared in advance * Warm-up performed by a student * Explaining how to count and replicate basic cheerleading motions. * Explaining how to link cheerleading motions into an 8 count. * Practising gained knowledge in teams. | Power Point presentation  (dialogue)  Individual work  Pair work |
| 1. **Summary** | | |
|  | * Revision based of the questions about the topics discussed during the lesson | Individual answers |