


Learning Plan 1		Subject/Pwnc: Health and Wellbeing (PE) Cheerleading		Year/Blwyddyn: 9			
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p>Knowledge focus/what matters: Enhancing a range of oracy, analysis and evaluation skills across a creative activity – cheerleading.</p>							
Learning objective/key question		What will I know and be able to do? I can...		How will I develop my skills? (Success Criteria)			
Week 1 8/9/25 Cheerleading - Introduction		<ul style="list-style-type: none">Explain the importance of a warm-up.Accurately demonstrate the basic cheerleading motions.Recall and perform the unison part of the routine using good timing and clarity of moves (4x8 count motions).Understand basic formations and pathways in cheerleading.Create 1 to 3 (x 8) count motions.		<ul style="list-style-type: none">I can use oracy skills to describe why a warm-up is important.I can perform multiple basic cheerleading motions.I can recall and demonstrate the unison section of the song.I can self-evaluate my performance using digital resources (ipad), focusing on my timing and clarity of moves, thinking about WWW and EBI.I can work as a team to create 1 to 3 x8 count motions to follow the unison section.			
Week 2 15/9/25 Cheerleading – Cheers and chants		<ul style="list-style-type: none">Recall and perform the cheerleading dance from last week.Analyse peers’ performance.Develop an understanding of cheers and chants.		<ul style="list-style-type: none">I can recall and perform my cheerleading dance from last week, focusing on timing and clarity of the moves.I can peer evaluate a performance using digital resources (ipad), focusing on timing and clarity of moves, reflecting on WWW and EBI.I can perform cheers and chants.			
		Homework/Gwaith cartref to support progress					
		Wk 1		Homework: Research some new cheerleading moves, cheers and chants that they can use next lesson to add to their routine. Set:8/9/25 Due:15/9/25			
		Wk 2		Homework: Research different jumps that can be introduced to a cheerleading dance. Set:15/9/25			

		<ul style="list-style-type: none"> I can recall my ideas from my homework and successfully add these moves, cheers and chants to my cheerleading dance. I can set a personal goal at the end of the lesson on what needs to be developed next in our dance (e.g. I will need to ensure we move to a new formation, as currently we all just stand in one line). 		Due:22/9/25
Week 3 22/9/25 Cheerleading - Jumps	<ul style="list-style-type: none"> Develop choreographic elements of their dance. Develop the understanding of different jumps and preparation. Analyse peers' performance based on WWW and EBI. 	<ul style="list-style-type: none"> I can recall and perform my cheerleading dance from last week. I can confidentially add choreographic elements to my own dance, to include such things as canon, unison, ripple, different heights and formations (this is not an exhaustive list). I can accurately demonstrate different jumps and then add them to our sequence. I can evaluate other groups dance and reflect on their WWW and EBI (e.g. WWW – they have included lots of different levels, from moves on the floor, standing, as well as, jumping; EBI – added canon). 	Wk 3	Homework: Watch a cheerleading routine at home on You tube, noting any stunts or moves they like. Set:22/9/25 Due:29/9/25
Week 4 & 5 29/9/25 Cheerleading - Stunts	<ul style="list-style-type: none"> Accurately and safely replicate cheerleading stunts and add one to their sequence. Understand each of the roles in a stunt. 	<ul style="list-style-type: none"> I can explain what the different roles are in a stunt. I can safely demonstrate a double base thigh stand, single base thigh stand and LL stand, for example, using appropriate timing. I can confidently add one of the stunts to my sequence. I can observe and reflect on other groups dance and feedback WWW and EBI. 	Wk 4	Homework: Write down the routine at home OR practice it. Set:29/9/25 Due:6/10/25
Week 6 13/10/25 Assessment Week	<ul style="list-style-type: none"> Understand what is required to perform effectively to an audience. Analyse performance and make improvements to someone else's performance. 	<ul style="list-style-type: none"> I can explain what is required to perform effectively to an audience. I can replicate the whole cheerleading sequence. I can practice over and over to refine the sequence. I can evaluate my own performance using digital resources (ipad) and set a personal goal (EBI) ready for the final assessment lesson next week. 	Wk 6	Homework: Set: 13/10/25 Due:20/10/25
Week 7 20/10/25 Assessment Week	<ul style="list-style-type: none"> Apply the personal goal set from last week. Understand feedback of WWW and EBI from peers. Demonstrate improved performance in this activity. 	<ul style="list-style-type: none"> I can apply my personal goal from last week to my performance. I can understand another groups feedback of WWW and EBI. I can explain and record what my WWW and EBI within our performance (Summary). I can make an instructional video on cheerleading in a multimedia format to inform about: stunts OR motions. 	Wk 7	Homework: Set: Due:

	<ul style="list-style-type: none">• Extension task – I can create an instructional video for cheerleading.			
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