

ODYSSEY SPORTS

School Programs



NINJA PROGRAM

- Swing
- Vaults
- Balance & precision

1. Swing

Using the playground to do activities based around the swing component of Ninja. Activities such as learning how to swing, holding ninja grips, laches, grip strength and locomotions on monkey bars.

2. Vaults

Progressively teaching kong vaults, speed vaults, dash vaults, palm spins, safety landings & safety rolls. There will be a large focus on building speed and strength in this component.

3. Balance & Precision

Getting creative. Teaching the students different ways to balance and testing their balancing skills. This component will focus on teaching precision and jumping from object to object, hand eye co-ordination, creating obstacle courses to put all their skills they have been learning together to show their balancing & strength & precision.

CHEERLEADING PROGRAM

- Stunting
- Tumbling
- Motions & jumps

1. Stunting

Breaking off into stunt groups of 4-5 people (chosen by the instructor), the students will work together with the Coaches to learn and perform a short, basic stunting routine at the end of their program. This component of the Cheerleading Program will test the students team work, problem solving and co-ordination/body control.

2. Tumbling

Using a rotation system students will break off into groups to spend time on each activity. The activities in the tumbling component will focus on using drills to teach safe tumbling fundamentals such as necessary body shapes & actions to build strong handstands, cartwheels, round offs and basic cheerleading skills.

3. Motions & Jumps

This component is all about fast actions and power. Students will spend time with their coaches breaking down how to perform different cheerleading jumps and motions. Starting off nice and slowly eventually building up to real speed. Drills circuits will also be utilised to provide activities that will build power & strength.

HOW DO THE PROGRAMS RUN?

There are a few different approaches to the way the program can run depending on your schools needs, timetabling and program length. Some examples include:

- Mixed approach
- Alternating approach
- Split approach

1. Mixed approach

These sessions will incorporate both the Ninja and Cheerleading program in one.

For example, the group will warm up altogether than break off into two groups where one half will begin with the Ninja circuit and the other will take part in the Cheerleading circuit. Once those rotations are complete the groups will swap over to have a turn of the circuit from the other program.

2. Alternating approach

In this approach the programs will be alternated each week. One week all sessions will be focused solely on the Cheerleading Program then the next week will be focused on the Ninja program.

3. Split approach

With larger groups this approach can be used to break the program down to make it more straight forward for the students. For example, if the program was running over 10 weeks the first 5 weeks one group will focus only on the Cheerleading program and the other group will focus solely on Ninja. When the first 5 weeks is complete the groups will swap programs and complete the other program for the last 5 weeks.