

R ROUTINE CHEAT SHEET

We have given you the tools, the skills and the layout of the FUNdamentals 3 Routine in the 12 lessons provided. The core structure of the routine is here, however, you will need to add some ‘flair’ to make it YOUR routine!

Keep the following points in mind as you teach this 12 week course and ultimately set the routine:

- 1 FORMATIONS:**
Set your own formations and keep them simple. Remember this is a routine for recreational kids. Make the formations so they can transition from one section to the next easily with as little crossing over as possible.
- 2 TRANSITIONS**
Throughout the 12 weeks you will teach the athletes different ways to transition. Decide which way they transition in the routine and try to incorporate different ways for different sections!
- 3 STUNTS / PYRAMID**
Keep the same athletes together for as many of the stunts as possible as it will make learning them easier. It will also help make the transitions from section to section easier since they will already be grouped together.

The FUNdamentals 3 Routine includes the following Modules:

MOTIONS:	Module M.12 - Dance Choreography
JUMPS:	Module J.12 - Jump Choreography
BUILDING:	Module B.5 - Mastering the Show and Go with the Traditional Prep Module B.8 - Mastering Tic Toc - Single Leg Knee Stand Module B.11 - Prep Level Liberty with Floor Bracer to Quarter Up to Single Leg Waist Module B.12 - Pyramid Choreography
TUMBLING:	Module T.14 - Tumbling Choreography



The Routine for FUNdamentals 3 is a total of twenty-eight 8-counts. There are a total of six sections connected with transitions. Each skill is taught in the 12 week course. If you follow the lesson plans you will have the entire routine learned and put together by week 11 of the class!

Below is your routine “cheat sheet”:

Section 1

3 8-counts | Intro - Motion/Mini Stunt/Tumble

- Module B.5** - Mastering the Show and Go with the Traditional Prep
- Module B.8** - Mastering Tic Toc - Single Leg Knee Stand
- Module B.11** - Prep Level Liberty with Floor Bracer to Quarter Up to Single Leg Waist

- Select one of the three stunts for this section. Do not repeat the same stunt sequence that you are using for the Building Section in the routine. If you have a mixture of skills you can add the other two stunts here for the Intro.
- Incorporate some basic motions (Clasps, High V's, Low V's for athletes that are not in the stunts).
- Be creative on how you set the opening formation so the varying heights of the stunts and athletes doing arm motions looks appealing!

1 8-count | Transition

- Module TR.1, TR.2, TR.3, TR.4, TR.5, TR.6 or TR.7**

Section 2

5 8-counts | Stunt Section

Module B.5 - Mastering the Show and Go with the Traditional Prep

Module B.8 - Mastering Tic Toc - Single Leg Knee Stand

Module B.11 - Prep Level Liberty with Floor Bracer to Quarter Up to Single Leg Waist

Select one of the three stunts for this section. Avoid using the stunt you selected for the Intro of the routine.

1 8-count | Transition

Module TR.1, TR.2, TR.3, TR.4, TR.5, TR.6 or TR.7

Section 3

3 8-counts | Jump Section

Module J.12 - Jump Choreography

Your Tumbling Choreography starts right from the Jump Choreography. Please be aware of that when setting this formation to ensure that it will transition into the Tumbling Section easily for you.

Section 4

4 8-counts | Tumbling Section

Module T.14 - Tumbling Choreography

Your Tumbling Choreography starts right from the Jump Formation. Please be aware of that when setting the this formation to ensure that it will transition into the Tumbling Section easily for you.

1 8-count | Transition

Module TR.1, TR.2, TR.3, TR.4, TR.5, TR.6 or TR.7

Section 5

6 8-counts | Pyramid Section

Module B.12 - Pyramid Choreography

- Depending on the number of athletes you can use two sections of the Pyramid or add multiple sections of this Pyramid together (making one or multiple Pyramids).

1 8-count | Transition

Module TR.1, TR.2, TR.3, TR.4, TR.5, TR.6 or TR.7

Section 6

3 8-counts | Dance Section

Module M.12 - Dance Choreography

Each of the choreography modules listed above has their specific routine section laid out in their own 8-count grid. To help set your routine you can:

- A**
 - Pull all of the modules you are using in the routine.
 - Collate them in the listed routine order.
 - Use the the provided 8-count grids for each module as your 8-count guide.

OR

- B**
 - Pull all of the modules you are using in the routine.
 - Make your own notes / modifications on the blank 8-count sheet below.
 - Use the self filled in 8-count grid as your routine guide.

The blank 8-count sheet below is color coded and labeled designating what each 8-count of the routine is. You have been given headers such as "Main Base", "Secondary Base", "Group A", etc. There are spaces for additional headers of your choosing. Under the headers you can write notes from the Modules or make your own modifications to that specific portion / person in the routine. Once you have the blank 8-count sheet filled in then use that as your guide to set the routine on the athletes in the gym.

INTRO							
	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
5							
6							
7							
8							
1ST 8-COUNT - INTRO							
1							
2							
3							
4							
5							

1ST 8-COUNT - INTRO

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
6							
7							
8							

2ND 8-COUNT - INTRO

1							
2							
3							
4							
5							
6							
7							
8							

3RD 8-COUNT - INTRO

1							
2							
3							
4							



3RD 8-COUNT - INTRO

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
5							
6							
7							
8							

4TH 8-COUNT - TRANSITION

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			



5TH 8-COUNT - STUNT

	Main Base	Secondary Base	Spotter	Group A	Group B	Notes
1						
2						
3						
4						
5						
6						
7						
8						

6TH 8-COUNT - STUNT

1						
2						
3						
4						
5						
6						
7						
8						

7TH 8-COUNT - STUNT

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

8TH 8-COUNT - STUNT

1							
2							
3							
4							
5							
6							
7							
8							

9TH 8-COUNT - STUNT

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

10TH 8-COUNT - TRANSITION

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

11TH 8-COUNT - JUMPS

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

12TH 8-COUNT - JUMPS

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

13TH 8-COUNT - JUMPS

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

14TH 8-COUNT - TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

15TH 8-COUNT - TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

16TH 8-COUNT - TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

17TH 8-COUNT - TUMBLING

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

18TH 8-COUNT - TRANSITION

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

19TH 8-COUNT - PYRAMID

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

20TH 8-COUNT - PYRAMID

1							
2							
3							
4							
5							
6							
7							
8							

21ST 8-COUNT - PYRAMID

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

22ND 8-COUNT - PYRAMID

1							
2							
3							
4							
5							
6							
7							
8							

23RD 8-COUNT - PYRAMID

	Main Base	Secondary Base	Top Person	Spotter	Group A	Group B	Notes
1							
2							
3							
4							
5							
6							
7							
8							

24TH 8-COUNT - PYRAMID

1							
2							
3							
4							
5							
6							
7							
8							

25TH 8-COUNT - TRANSITION

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

26TH 8-COUNT - DANCE

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

27TH 8-COUNT - DANCE

	Group A	Group B	Notes
1			
2			
3			
4			
5			
6			
7			
8			

28TH 8-COUNT - DANCE

1			
2			
3			
4			
5			
6			
7			
8			

29TH 8-COUNT - DANCE

1			
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