

HOW TO USE



Welcome to FUNdamentals!

FUNdamentals is a foundational, class-based course. The U.S. All Star Federation has developed it to help YOU offer a new, lower cost, less intensive product in your facility that attracts first-time young athletes to All Star. The lessons have been developed to introduce cheer in a FUN way to athletes that have never been a part of All Star and are curious as to what it's all about. The idea is for athletes and families to fall in love with All Star cheer in a learning-only, non-competitive environment. Competition teams are there when the athletes are fully prepared through FUNdamentals!

FUNdamentals is a program based on progressions, and each tier has been developed based on a 12 week course. As athletes master the skills in FUNdamentals 1 they then can progress to FUNdamentals 2, and then on to FUNdamentals 3. By the time the athletes complete FUNdamentals 3 they will have been introduced to and learning Elite Level 1 skills. At this point you get to help guide them to a direction in your program that best fits their needs, whether that is to additional classes, or perhaps to a Novice, Prep or Elite Team.

Let the FUN begin!

Included in your FUNdamentals curriculum:

- Owner's Guide for Parent Engagement
- Activity Book
- 3 Level Tiers of Lesson Plans
- Skill Modules
- Skill Charts
- 3 Level Tiers of Routines
- Music for each Routine
- 8 Minute Games
- 50 Tips for Fun
- Home School / Volunteer Logs

Let's Get Started!

STEP 1: Opt-in

Any program that would like to access FUNdamentals will opt In to FUNdamentals first. This process is completely free and will help USASF work alongside you as you run your new program.

- 1 Log into your Program Profile
- 2 Select Policy
- 3 Select Fundamental Policy
- 4 Read / Agree to the Policy Terms
- 5 Enter athletes into the Fundamentals site (free)

STEP 2: How To Get Resources

All of the resources listed above are available to any paid USASF Program / Coach Member. To access the resources:

- 1 Log into your Program Profile
- 2 Select Program Name in upper right hand corner
- 3 Select Visit USASF Fundamentals Website

Through the Online Portal you will also be able to:

- 1 Order the official FUNdamentals binder with all three FUNdamentals program lesson plans and skill modules
- 2 Order printed resources (i.e. Activity Book, Lesson Plan / Skill Module Binder)
- 3 View skill videos
- 4 Print Lesson Plans



How do you use FUNdamentals?

STEP 1:

Determine the age range for which you are going to offer for your FUNdamentals Program.

Note: If you have a large class-based program you could offer all three FUNdamentals classes during the same session.

STEP 2:

Select which FUNdamentals Program you are going to use:

- ❶ FUNdamentals 1
- ❷ FUNdamentals 2
- ❸ FUNdamentals 3

STEP 3:

Promote and market the class.

STEP 4:

Prepare for the class. Pull your lesson plans ahead of time and prepare for each class so you are able to teach them confidently in the gym.



How do you use the lesson plans and skills modules?

STEP 1:

Each FUNdamentals tier is broken up into the following eight sections:

- | | | | |
|----------------|------------|---------------|----------------|
| ❶ Lesson Plans | ❸ Jumps | ❺ Tumbling | ❷ Conditioning |
| ❷ Motions | ❹ Building | ❻ Transitions | ❸ Routine |

The lesson plans are built to teach all of the skills to counts. These counts then transfer into the choreography counts. The athletes are learning the routine from day one and don't even know it! You are given multiple stunt and pyramid options to select from so you can tailor the class and routine to fit your group's skill set.

You can also adjust the time allotments of each teaching section if needed. If one week the athletes pick up the motion sequence quickly and you do not need the entire allotted time, then transfer that extra time to the Building or Tumbling section of practice. If you chose not to play a game at the end of class, then transfer that time to a different section. If you stick to the core of the lesson plans, by the end of the 12 weeks the athletes will have learned a routine that can be used at your showcase!

FUNdamentals comes with a FUNdamentals 1, FUNdamentals 2 and FUNdamentals 3 skill chart. Pull the respective skill chart from the online resource. Print one for each athlete in the class. Find an area in the gym to hang the charts - preferably where the parents can see them. At the end of each class, have the athletes place a sticker on a skill they mastered that night. At the conclusion of the 12 week course they can take the skill chart home.

Do the following each week:

- ❶ Pull that specific week's lesson plan.
- ❷ Read through the lesson plan, then pull the required Skill Modules and any additional online resources needed.
- ❸ Review the skill videos and what they should look like from the online video guide.
- ❹ Make notes and prepare for the week.

Set up these prior to class:

- ❶ Tumbling stations.
- ❷ Mats you may need for building or conditioning skills.
- ❸ Marks on the floor for formations, jumps and motions.
- ❹ Lesson plan sheet to guide you through that week's class.

Once the athletes are in the door use the lesson plan sheet to guide you through that week's class.

Enjoy and have FUN!

U.S. All Star Federation