



INVESTORS IN PUPILS

Three Lane Ends Academy

“Learning Together”

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INVESTORS IN PEOPLE

May 2017

Dear Parents,

Next half term, Freedom 2 Dance will be offering a free Cheerleading after school club for Year 5 and 6 children.

The club will take place on a Wednesday 3.10pm – 4.00pm, starting on 7 June 2017 and running for six weeks. There are only twenty places available.

If your child would like to take part, please complete and return the attached permission slip by Monday 22 May 2017. If more than twenty children return slips, places will be allocated by drawing slips out of a hat.

Yours sincerely

Miss Greatorex
Headteacher

May 2017

I give permission for my child _____ in class _____ to take part in the Cheerleading after school club on Wednesdays 3.10pm – 4.00pm.

Signed: _____ (Parent/Carer)



Delivering Information to Families

For free, impartial information about services for parents, carers and their children including:

- * Childcare
- * Sports and Activities
- * Financial help
- * Parenting support
- * Things to do and places to go

Tel: 0800 587 8042 or Visit: www.wakefieldfis.org.uk



About Us

Freedom 2 Productions are a local performing arts company brought to you by two friends with a deep-rooted drive and passion for both teaching and performing. Collectively Michelle and Laura have 40 years' experience with the industry and now use this to inspire, motivate and engage young people in their home town of Castleford to become healthier, happier and express their individuality through dance and other performing arts!

We are committed to inspire an enthusiastic approach to learning, movement, bonding and gathering memorable experiences through a lasting love of the expressions brought with Freedom 2 Productions Workshops classes and events and actively promote what we call the '3D Effect'; discipline, dedication and desire.

Freedom 2 Productions are based in Castleford with their own fully equipped dance studio and run weekly classes in Cheerleading, Hip Hop and Street. Alongside this, we work with, train, compete and sponsor Castleford Academy Cheer Squad 'Castleford Academy Storm'. Coaches are registered with UKA Dance Governing Body and the UKCA Cheerleading Governing body in association with British Gymnastics, have DBS certificates, first aid training and have attended Safeguarding courses.

Freedom 2 Cheer

Cheerleading, pom dance and street cheer combine many technical elements of dance styles such as jazz hip hop, funk pop, lyrical commercial, hip-hop and street. In our classes, young people can expect to learn many style and infuse them with the popular growing style of cheer alongside learning compulsory elements and techniques such as arm motions, jumps, kick, splits, leaps chants and cheers!

What are the benefits to young people?

PHYSICAL -Just like those bright Poms used in cheer, the benefits of cheerleading are easy to spot. This aerobic activity is great for hearts, bones, and muscles.

Cheerleaders are strong, in a team there are many difference roles, back spots and bases lift and support which requires strength, focus and good balance. Flyers work with bases to get up into lifts and jumps also require balance and good core strength to control their bodies

Improved co-ordination is a direct effect of cheerleading. It teaches coordination through cheers, dancing, arm motions and stunt sequences.

It's important to keep flexible and cheerleading promotes flexibly through its compulsory elements of kicks, slips, leaps and stunts! Stretching and body conditioning not only makes routines great but prevents injury in individuals.

Having good posture is important in everyday life not just for sport and dancing. Cheer workouts require lots of mobility that exercise all areas of the back. These moves strengthen the spine and improve the way individuals stand and walk.

SOCIAL & EMOTIONAL - Exercising with others is motivating, and has proven, lasting psychological benefits. Happiness is basically a requirement! Cheerleaders are encouraged to smile even in training and what's more using their voices is encouraged! There is no telling young people to use their "inside voices," the deep breathing that supports a cheerleader's Chants and Cheers is very good for you. [Diaphragmatic breathing](#) (that is, inhaling and exhaling deeply) has several medical benefits including reducing the negative effects of stress!

Cheerleading produces active, engaged citizens. Recent studies have shown cheerleaders were more likely to hold a leadership position in their school or community. Cheerleaders work together as a team across racial, social, and economic boundaries.

Cheerleading provides opportunities for motivated kids to learn leadership skills. Even those who don't aspire to becoming a team leader can benefit by taking the opportunity to demonstrate leadership by:

- Offering advice to help teammates improve skills
- Setting a positive mood with their attitude
- Exemplifying hard work and discipline on and off the floor
- Being receptive to trying new things

Like all team sports, cheerleading offers more than physical benefits. Sports can help teach kids essential life skills, including teamwork, discipline, and communication. Squad members must rely on each other for the effectiveness of routines, as well as ensuring each other's safety during difficult moves. If competition against other squads is involved, it becomes even more important to work together as a unified team.

Sports like cheerleading can help young people develop their self-confidence as well as their athleticism. Having a team to support and rely on can make young people feel more connected at school. Learning to master difficult skills, helping teammates, and performing well at games and competitions can benefit the athletes who cheer.