



Words that Work: Cueing & Communication for Large Group Activities

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Why Use Cueing?

- Proper cueing is essential for class success
 - Most students need verbal reinforcement to enhance their confidence and success
- Ability to connect with each learning style
- Help expand your teaching vocabulary
- Blend the use of verbal (anticipatory, motivational, movement, educational, alignment, safety) and non-verbal (visual)



Verbal Cueing Methods

- Movement
 - Naming the movement
 - e.g. “Next we will do a grapevine”
 - Provide direction
 - e.g. “Grapevine right”
 - Help with foot work
 - Rhythmic counts
 - e.g. mambo cha-cha-cha: “the feet go 1, 2, 3, & 4”
 - Rights and lefts
 - e.g. lunges: “right foot back, left foot back, right foot back, left foot back”





Verbal Cueing Methods

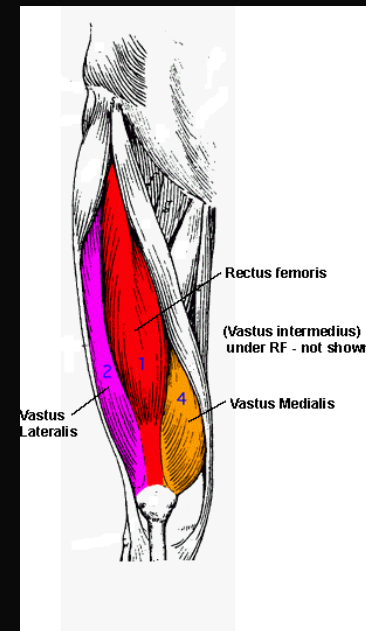


- Motivational
 - Increases the students' self-assurance and enjoyment of the activity
 - Your speech should be abundantly peppered with encouragement
 - e.g. great, super, well done, fantastic job, keep it up, outstanding, finish strong, you're almost there, we can do this, I believe in you, just a little more, we are unstoppable
- Affirmational
 - Specifically mention something a student is doing well
 - e.g. "Great form, Isabella, way to sit back in your heels during your squat"



Verbal Cueing Methods

- Educational
 - Delivers pertinent information about the movement/activity or about other topics related to health and fitness
 - Give intensity information
 - e.g. “If you would like to make the squat harder, try adding a jump”
 - Identify muscle groups
 - e.g. While squatting “Do you know what part of the leg this is?” or “Can you tell me the name of this groups of muscles we are working?” or “How many muscles make up the quadriceps? Can you name them all?”





Verbal Cueing Methods

- Alignment

- Common misalignments:

- Forward head
 - “Make sure your ears are over your shoulders”
 - Rounded shoulders
 - “Lift your chest to the ceiling”
 - Elevated shoulders
 - “Let’s all roll our shoulders back and down”
 - Hyperextended elbows and knees
 - “Keep a small bend in your elbows and knees today”



- Safety

- Reminders:

- Bring heels down when jumping
 - Avoid excessive momentum
 - Stay in control
 - Keep the fists relaxed





Verbal Cueing Methods

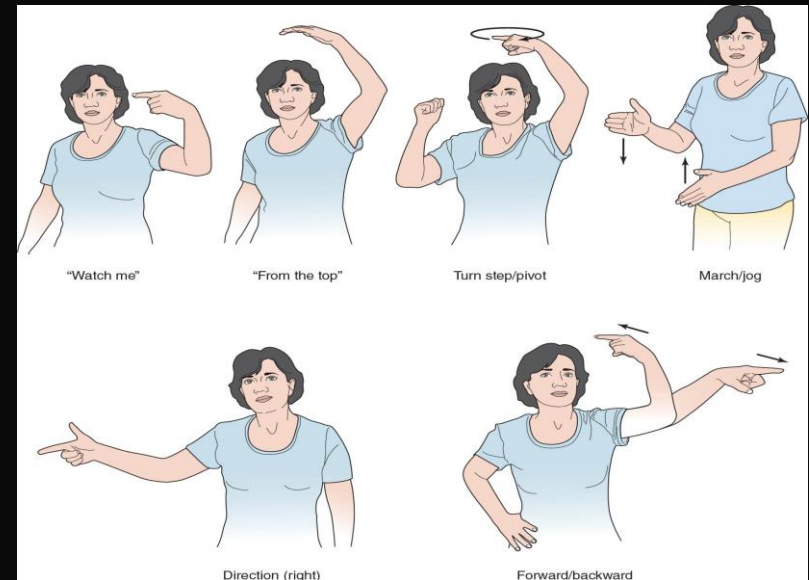
- Anticipatory
 - Tells the student when to do the next movement and what the next movement will be
 - Done in rhythm based activities
 - Need to be able to hear the beat in music
 - Easier for your class if you count down when cueing
 - “4, 3, 2, step touch right” or “step touch right in 4, 3, 2, 1”

Counts	8	7	6	5	4	3	2	1	8
Footstrike	(March) R	L	R	L	R	L	R	L	(Step- touch) R
Cue	“4,	3,	2,	step	touch”				



Non-Verbal Cueing Methods

- Visual
 - Done in conjunction with verbal cues
 - Essential for large groups or working without a microphone
 - Common signals: counting, showing direction, turning, holding a move, indicating a lead leg, pointing to parts of the body





Let's Try Cues
Cardio Kickboxing & Yoga

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