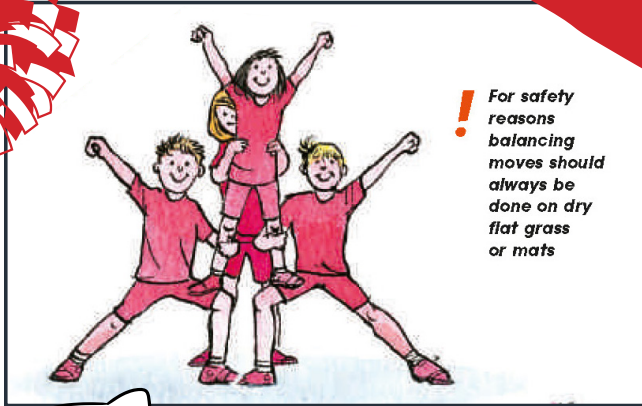




#Together

CHEERLEADING

Have a go at these cheerleading motions and chants.



For safety reasons balancing moves should always be done on dry flat grass or mats

Cheer chants

You can set your routines to music. Try including your chants and rhyming words.

Why not create your own routine and chart starting with

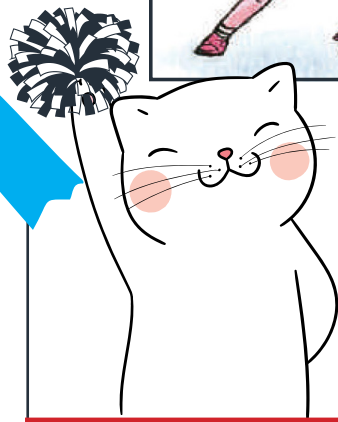
"1 - 2 - 3 - 4, let me hear you stomp the floor!"

You can include balancing moves.

Why not form a cheer team with your friends and put on a show?

THINK INC

Why not try making your own pom poms? Just cut old plastic bags into strips and then tie in the middle with string or sticky tape.



Low V T-motion Half-T High punch

High V Clasp Table top

Ensure they have enough space.

Know how to warm-up their bodies before attempting the moves.

Cheer motions

There are 7 basic cheerleading motions and once you know them, you can quickly build them into a routine that you can set to music.

Just remember to clench your hands to make fists and keep your arms and wrists straight.

