

Objective

By the end of this lesson, you will learn about the science of balance and coordination through fun cheerleading activities!

Materials and Prep

- Open space for movement
- Cheerleading pom-poms or ribbons (optional)
- Energy and enthusiasm!

No prior knowledge needed, just come ready to have a blast!

Activities

- **Cheerleader Balance:** Practice standing on one leg like a cheerleader. See how long you can hold your balance!
- **Pom-Pom Coordination:** Create a simple cheer routine using your pom-poms or ribbons. Practice the routine and perform it for your family!
- **Cheerleader Jump:** Learn about gravity by jumping as high as you can like a cheerleader. How does gravity pull you back down?

Talking Points

- *"Balance is like being a superhero, it helps us stay upright and strong!"*
- *"When we do our cheer routines, we are using our coordination to move our bodies in sync!"*
- *"Jumping is so much fun! Gravity is like a big hug from the Earth bringing us back down."*