

## Objective

By the end of this lesson, you will learn basic cheer dance moves and put together a short routine to perform!

## Materials and Prep

- Cheerleading pom-poms or ribbons (can use any colorful ribbons or scarves)
- Comfortable clothing and sneakers
- An open space to move around
- A positive attitude and lots of energy!

## Activities

- **Warm-Up:** Start with a fun dance warm-up to get your body ready to move.
- **Learn Basic Moves:** Practice jumps, kicks, arm movements, and cheers.
- **Routine Creation:** Put together the moves you learned into a short cheer dance routine.
- **Performance Time:** Perform your routine for your family or friends with lots of spirit!

## Talking Points

- **What is cheer dance?**  
"Cheer dance is a fun and energetic mix of dance and cheerleading moves."
- **Why is it important to warm up?**  
"Warming up helps prevent injuries and gets our bodies ready to dance!"
- **What are some basic cheer dance moves?**  
"Basic moves include high V, toe touch, and spirit fingers!"
- **How can we create a routine?**  
"We can put together our favorite moves in a sequence to create a routine!"
- **Why is it fun to perform for others?**  
"Performing allows us to share our hard work and spread joy to others!"