

## Objective

By the end of this lesson, the student will be able to perform basic cheerleading moves, understand simple cheers, and demonstrate teamwork through fun activities.

## Materials and Prep

No special materials are needed for this lesson. Just make sure to have a safe space with enough room to move around. You might want to wear comfortable clothes and shoes that are easy to move in!

## Activities

- **Warm-Up Dance Party**

Start with a fun dance party to get the body moving! Play some upbeat music and dance around together. This will help the student feel energized and ready to cheer!

- **Cheerleading Stretches**

Teach some simple stretches to help the student warm up their muscles. Stretch arms up high, touch toes, and do side stretches while saying, "Go, team, go!"

- **Basic Cheer Moves**

Introduce basic cheerleading moves like "Jumping Jacks," "Arm Waves," and "Cheerleader Claps." Demonstrate each move and let the student practice while counting out loud!

- **Learn a Simple Cheer**

Teach a short and fun cheer like "Go, Team, Go!" with clapping and arm movements. Repeat it together a few times to practice and have fun!

- **Cheerleading Show**

Wrap up the lesson by putting on a little cheerleading show! The student can perform the moves and cheer they learned, and you can cheer them on!

## Talking Points

- "Cheerleading is all about having fun and supporting our team!"
- "When we stretch, we help our bodies get ready to move and cheer!"
- "Can you show me your best jumping jack? Let's count together!"
- "This cheer is like a little song! Let's say it together and add some moves!"
- "You did amazing! It's so much fun to cheer together, right?"