

# Cheerleading Fun: Level Up Your Jumps and Chants! (Basics 2)

Let's build on what we learned last time and add some exciting new moves!

## Materials Needed:

- Comfortable athletic clothing
- Supportive sneakers
- Water bottle
- Open, safe space (like a living room with furniture moved, or a backyard)
- Optional: Pom-poms!

## Warm-Up (5 minutes)

Let's get our bodies ready! March in place, do some arm circles (forward and backward), leg swings (gently!), and touch your toes. We need our muscles warm to prevent injuries.

## Review Time! (5 minutes)

Remember our High V and Low V? Let's practice! Stand tall, feet together.

- **High V:** Arms up in a sharp V shape above your head. Fists tight! Hold for 3 seconds. Relax. Repeat 5 times.
- **Low V:** Arms down in a sharp V shape by your sides. Fists tight! Hold for 3 seconds. Relax. Repeat 5 times.

## New Arm Motions! (10 minutes)

Let's learn two more key motions:

- **T Motion:** Stand tall. Extend both arms straight out to the sides, parallel to the ground, making a T shape with your body. Keep fists tight and arms strong! Hold. Relax. Practice making it sharp and snappy!
- **Broken T Motion:** Start in a T motion. Now, bend your elbows so your fists come in towards your shoulders, keeping your upper arms parallel to the ground. Like you're flexing! Hold. Relax. Practice T, then Broken T. Snap into each position!

## Jump School: Toe Touch! (15 minutes)

This is a classic cheer jump! It takes practice, so be patient.

1. **Starting Position:** Stand with feet together, arms by your sides.
2. **Approach:** Take one or two quick steps forward (if you have space) OR just bounce lightly on the balls of your feet.
3. **Prep:** Swing your arms down and cross them in front of your knees as you bend your knees deeply (like sitting in a chair).
4. **Jump!:** Explode upwards, swinging your arms up forcefully through a T motion and then towards your toes. As you jump, kick both legs straight out to the sides, aiming your toes up and slightly out. Try to keep your back straight and head up. Your arms should reach towards your pointed toes in a T or slightly forward position.
5. **Landing:** Bring your feet back together underneath you and land softly with bent knees. Stand

up straight.

**Safety Tip:** Start small! Don't worry about getting super high at first. Focus on the arm swing and kicking your legs out. Always land with bent knees!

## Jump School: Herkie! (Optional/Modified) (10 minutes)

The Herkie is a bit trickier. One leg goes straight out (like a Toe Touch) and the other bends underneath you.

1. **Starting Position & Approach:** Same as the Toe Touch.
2. **Prep:** Same arm swing and deep knee bend.
3. **Jump!:** Explode up. One leg kicks straight out to the side (like the Toe Touch), while the other leg bends, with your knee pointing down and your foot tucked under your hip ('bent leg'). Your arms usually go into a T motion, or one arm reaches towards the straight leg's toe.
4. **Landing:** Bring feet back together and land softly with bent knees.

**Modification/Easier Start:** Practice just the leg positions first without jumping high. Do the straight leg kick to one side, then practice bending the other knee. Try alternating which leg is straight.

## New Chant & Motions! (10 minutes)

Let's learn a simple chant with our new motions!

### Chant:

We're the Best! (*Clap, Clap*)

Can't Be Beat! (*Clap, Clap*)

Got that Spirit! (*Right High V, Left High V*)

Head to Feet! (*T motion, Low V motion*)

Go Team Go! (*Punch Right, Punch Left, Clap*)

### Practice Steps:

1. Say the chant slowly a few times.
2. Practice just the arm motions in order: Clap, Clap, Clap, Clap, Right High V, Left High V, T motion, Low V motion, Right Punch forward, Left Punch forward, Clap. Make them sharp!
3. Put the words and motions together slowly.
4. Speed it up! Add smiles and energy!

## Put it Together! (5 minutes)

Try doing your Toe Touch jump, landing, and then going right into the chant! Or try the chant first, then a jump!

## Cool-Down (5 minutes)

Great job! Let's stretch. Hold each stretch for 15-20 seconds.

- Reach for your toes (sitting or standing).
- Stretch your arms across your chest.
- Triceps stretch (reach one arm behind your head).
- Quad stretch (pull your foot towards your glutes while standing).

You learned so much today! Keep practicing your jumps and motions safely. Remember, cheerleading is about energy, sharpness, and teamwork (even when practicing solo!). Awesome

work!