

Ready? Okay! Let's Learn Cheer Basics!

Welcome to the exciting world of cheerleading! It's all about energy, spirit, teamwork, and fun physical skills. Let's get started!

Materials Needed:

- Comfortable athletic clothing
- Supportive athletic shoes (sneakers)
- Water bottle
- An open space with safe flooring (carpet, grass, or mat if possible)
- Optional: Upbeat music

Warm-Up (5-7 minutes)

It's super important to warm up our muscles before we start! This helps prevent injuries.

1. **Jumping Jacks:** 2 sets of 15
2. **High Knees:** Marching in place, bringing knees up high - 30 seconds
3. **Butt Kicks:** Jogging in place, trying to kick your bottom gently - 30 seconds
4. **Arm Circles:** Forward and backward, 10 circles each way (small and large)
5. **Wrist & Ankle Rotations:** Gentle circles in both directions

Learning Cheer Motions (10-15 minutes)

Cheer motions need to be sharp and strong! Stand tall with feet together, shoulders back, and chin up. We'll learn a few basic ones:

- **High V:** Arms straight, extended up and out, forming a 'V' shape above your head. Fists tight.
- **Low V:** Arms straight, extended down and out, forming an upside-down 'V' shape. Fists tight.
- **T:** Arms straight out to the sides, parallel to the floor. Fists tight.
- **Broken T:** Start in a 'T', then bend elbows so fists are near your shoulders.
- **Touchdown:** Arms straight up, parallel to each other, next to your ears. Fists tight.

Practice each motion several times. Focus on making them sharp and hitting the correct position each time. Look in a mirror if possible!

Learning a Basic Jump (5-10 minutes)

Let's try a Tuck Jump! Safety first - make sure your landing area is clear.

1. **Prep:** Stand with feet together, arms in a High V.
2. **Swing & Bend:** Swing arms down and cross them in front of bent knees.
3. **Jump:** Explode upwards, bringing knees towards your chest. Keep your back straight.
4. **Land:** Land softly on the balls of your feet, bending your knees to absorb the impact. Finish standing tall.

Practice the jump a few times, focusing on height and bringing those knees up! Always land safely.

Putting it Together: Your First Cheer! (10 minutes)

Let's combine motions and use our spirit voice! We'll do a simple cheer. Yell it loud and proud!

Cheer Text: "Go, Team, Go!"

Motions:

- "Go" - Start standing, step forward with right foot, arms in 'T' motion.
- "Team" - Bring feet together, arms in 'High V'.
- "Go!" - Jump (Tuck Jump or just a little hop), landing with feet together, arms clasped in front of chest or on hips.

Practice slowly first, then speed it up. Try it 3-5 times with lots of energy!

Cool-Down & Stretch (5 minutes)

Great job! Now let's cool down and stretch our muscles.

- **Quad Stretch:** Hold onto something for balance if needed. Grab your ankle and gently pull your heel towards your bottom. Hold for 20 seconds each leg.
- **Hamstring Stretch:** Sit on the floor, legs straight out. Reach towards your toes gently. Hold for 30 seconds.
- **Triceps Stretch:** Reach one arm overhead, bend the elbow, and gently push the elbow down with the other hand. Hold for 20 seconds each arm.
- **Shoulder Stretch:** Pull one arm across your body gently. Hold for 20 seconds each arm.
- **Deep Breaths:** Take 3 slow, deep breaths.

Awesome work today! You've learned some fundamental cheer skills. Keep practicing your motions and jumps safely!