

Create your own Cheerleading Team!

- √ Think of a name for your squad!
- √ Design a cheerleading outfit (you can design more than one and you should include a logo)
- √ Design a pair of pom poms
- √ Create your own logo here

<https://placeit.net/cheerleading-logo-maker>

- √ Learn the basic cheerleading moves
- √ Prepare warm ups, stretches and cool downs
- √ Create a fact file about cheerleading
- √ Write a dictionary for different cheerleading and dancing terms
- √ Make up a cheer for your team
- √ Create your own routine!



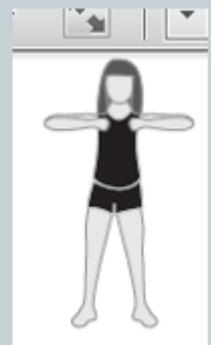
Clips to watch

<http://www.youtube.com/watch?v=I9Omi07hYJ0>

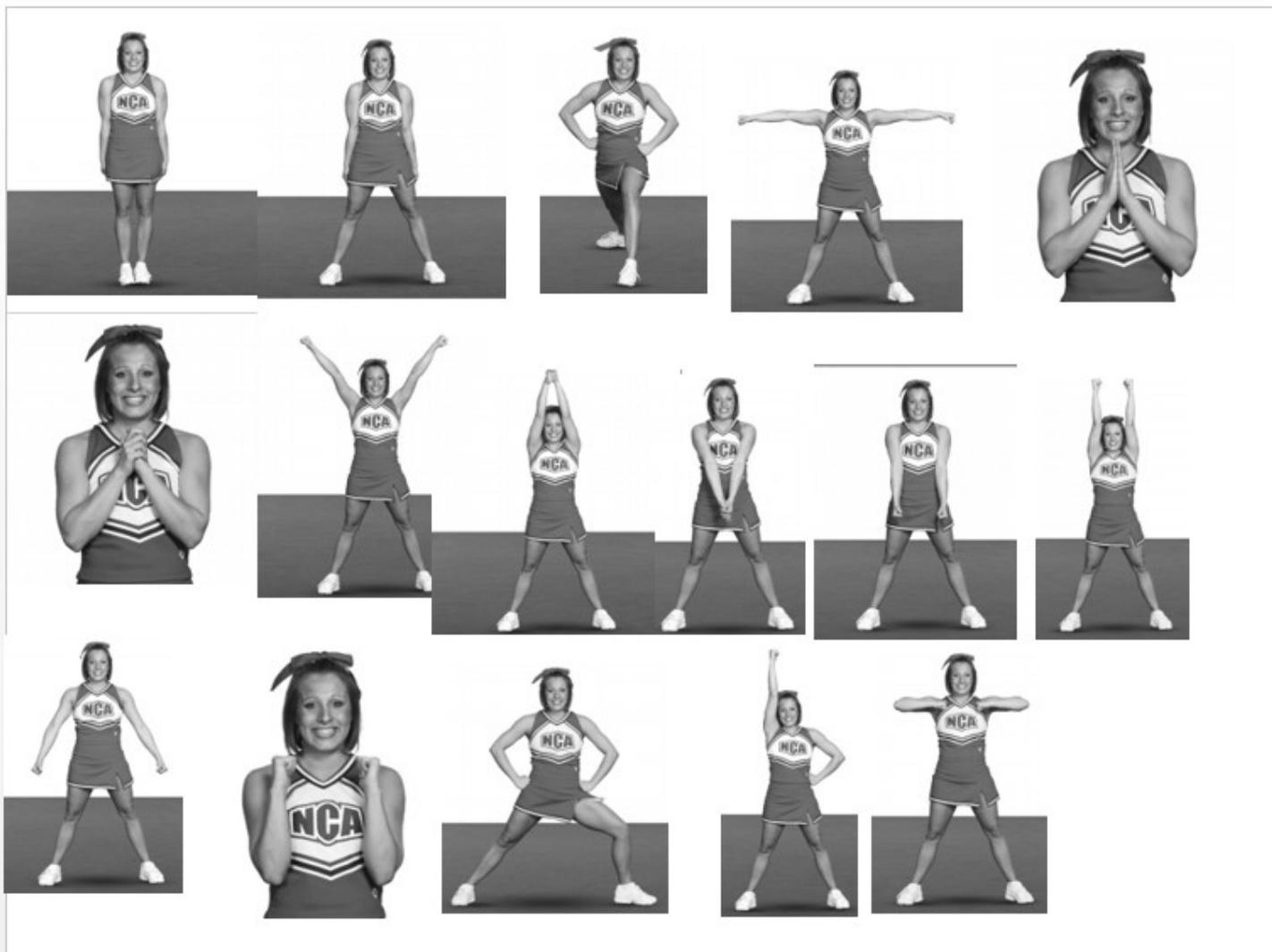
Demonstrations of moves

<http://bit.ly/1Vsrh2>

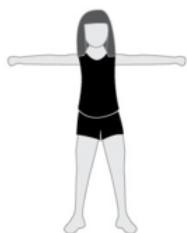
Name that motion!



Can you learn these routines?



1



2



3



and

4



5



6



7



8



Creating a Routine

Opening Sequence

- ◇ Have you got an obvious formation?
- ◇ Has it got varying levels?
- ◇ Has it got varying direction?
- ◇ Have you got a mixture of high and low motions?
- ◇ Have you got some gymnastics skills? (be careful with these!)

THINK CLEAN AND SHARP!

Jump Section

- ◇ Have you got an obvious formation?
- ◇ Has it got varying levels?
- ◇ Has it got varying direction?
- ◇ Have you got a mixture of high and low motions/jumps?

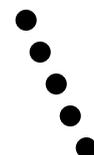
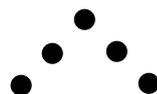
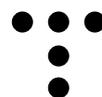
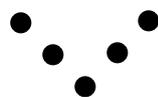
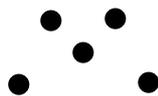
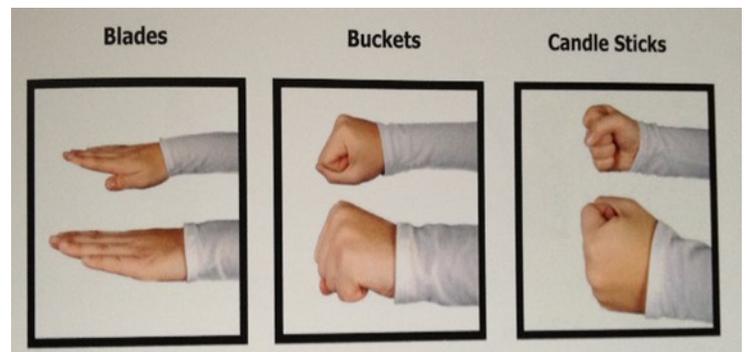
THINK CLEAN AND SHARP!

Dance Section

- ◇ Have you got a formation?
- ◇ Has it got varying levels?
- ◇ Has it got varying direction?
- ◇ Have you got a mixture of high and low motions?
- ◇ Have you included unison?
- ◇ Have you included cannon?
- ◇ Do you change formations?

THINK CLEAN AND SHARP!

Cheerleading Formations



Learn this routine and then complete your own using the blank counts.

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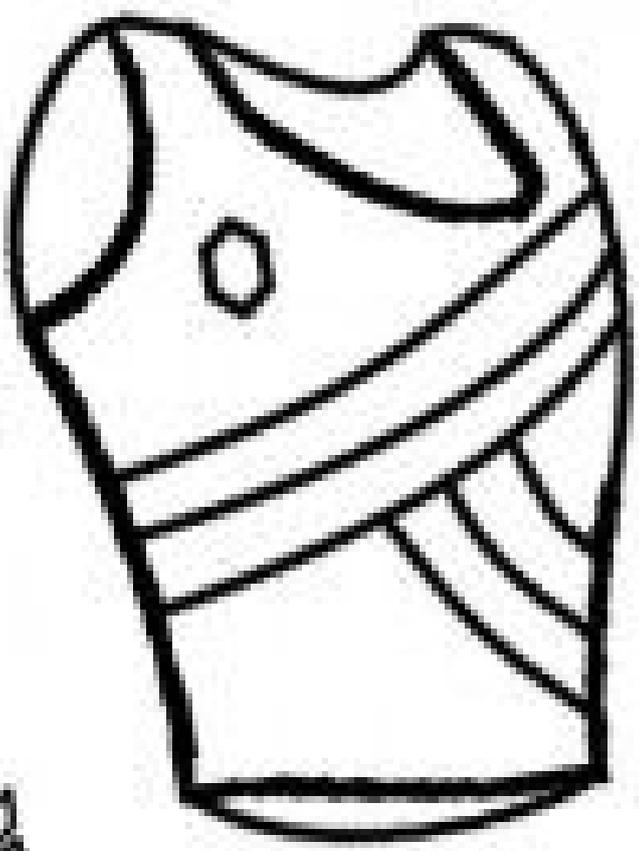
Vocabulary

Canon - one after the other in count to the music

Unison - together

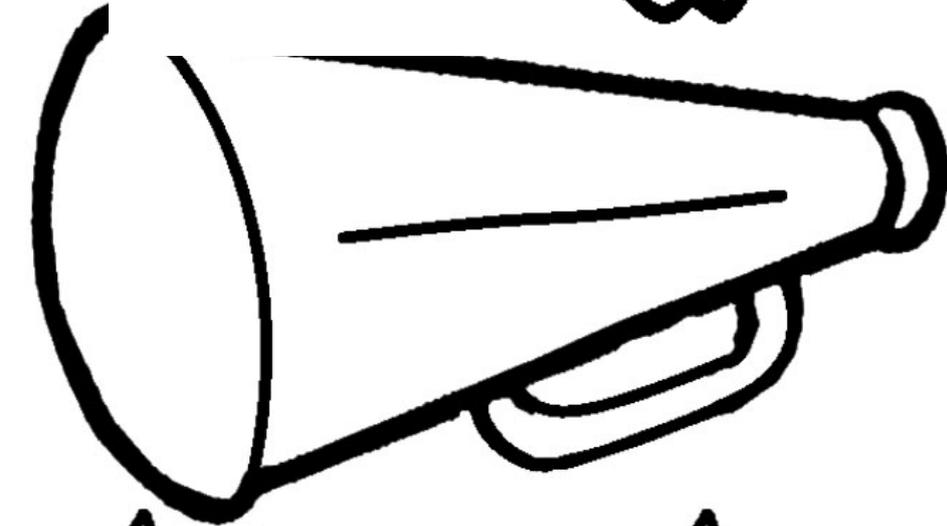
Ripple - one after the other as fast as possible

Contagion -The repetition of a movement from one person to the next.





www.THECOLOR.com





www.disneyclips.com

CHEER