

CHEER-IT WITH SPIR-IT CHEERLEADING GAMES

****If the cheerleaders need a break from cheering or if energy is getting low, reference the OTA General Games Section of the curriculum. A quick change of pace can liven up class and keep kids excited.**

****You may also incorporate any curriculum from the Jump For Joy Jump Rope Program.**

1. The Wonder Pom

Equipment Needed: Pom

Set Up: No set up needed.

How to Play:

1. Have the group sit in a circle.
2. Pass the pom around singing this song:
"The wonder pom goes round and round so pass it quickly you are bound, if you're the one to hold it last the game for you has surely passed, you are out"
3. The person who has the pom at the end of the song is out.
4. Continue reciting the song until you have 1 player remaining.

2. Hide the Pom

Equipment Needed: Pom

Set Up: No set up needed.

How to Play:

1. Hot and Cold Game
2. Players guess clues about where the instructor hid the pom.

3. Little Suzie Walker

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Stand in a circle.
2. Everyone sings the following:
"Little Suzie Walker walkin' down the street, she didn't know what to do so she jumped in front of me she said, hey girl shake that thing shake that thing don't stop, hey girl shake that thing, shake that thing don't stop."
3. Clap out the words.
4. 1 girl goes in the middle and skips along the outside perimeter.
5. When the song says, *"and she jumped in front of me,"* the girl in front of a cheerleader and dances with her until the song starts over.
6. When you start the song over, the player in the middle switches with the player she danced with.
7. Continue until every girl gets a turn.

4. Telephone Relay

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. The group sits in a large circle.
2. The Originator starts a message.
3. The Originator whispers a short message into the ear of the person sitting to the right of them.
4. The message is whispered once.
5. The new messenger then whispers the message into the ear of the person to the right of them, and so on and so on.
6. When the message reaches the person sitting to the left of the originator the message is announced out loud.
7. Seldom does the message arrive in its original form.
8. The person to the right gets to be the next originator.

Variations

- Start 1 message to the right then start a message to the left and see what happens.

5. Steal The Pom

Equipment Needed: Poms, Cones

Set Up: Create a rectangular playing area with cones.

How to Play:

1. The object of Steal the Pom is to take the "Pom" back to your own side without being caught.
2. In this game, 2 teams are chosen.
3. The members of each team are numbered. They form 2 opposing stacks and place the pom in the exact center between them.
4. The Instructor then calls out a number. The players on each side who are assigned that number are the player for that round. No other team members leave their side of the field.
5. Neither player may touch the other until someone touches the POM. Once a player touches the POM however, the other player may tag her.
6. If a player is able to grab the POM and carry it back over to her own side, that team scores a point.
7. If a player is tagged after touching the POM and before she returns their own side, the team that tagged her scores a point.

Tips:

- Note that the sequence of play usually involves the 2 kids running out and hovering over the POM, waiting for a slight advantage to grab it and run back before the other player can react.

6. London Spain France

Equipment Needed: Cones

Set Up: Create 3 lines on the court evenly spread apart with the cones.

How to Play:

1. This is a quickness game.
2. Designate each line (one line is London, one line is Spain, one line is France)
3. Players begin at the baseline.
4. The Instructor is in front of the line.
5. At London, they must do a Tuck jump.
6. At Spain they must do a Toe Touch
7. At France they must do a Spread Eagle.
8. Instructor calls out a line and the players run and do their jump.

7. Soda Fountain

Equipment Needed: Cones

Set Up: Create a rectangular boundary with cones.

How to Play:

1. Designate each side of the boundary a different name of drink.
2. Make sure the players know which side of the boundary is named what.
3. When Instructor yells the name of the drink out all players must go to that side and do a cheer motion.

Tips:

- **Drink Names:** Coke, Sprite, Mountain Dew, Dr. Pepper, Fruit Punch, Gatorade, etc.

8. Relay Races

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. Players are split into even stacks (lines).
2. Create a point-to-point straight course with cones/mats/etc. for each stack of players.
3. Instructors may incorporate any movement or sports equipment at their disposal to provide a series of challenges for the players.
4. 1st team to be sitting quietly in a straight line wins.

Tips:

- Be sure to add a variety to the challenges.
- If a particular challenge seems to be exciting for the players do it a series of times.

9. Changing Places

Equipment Needed: No equipment needed.

Set Up: No set up needed.

How to Play:

1. All players but one, stands in a circle facing inward.
2. The one player stands in the middle.
3. Each player is given a number which he/she retains all through the game.
4. The Instructor calls out two numbers (but, not that of the player in the middle) and the player who's number was called must change places in the circle.
5. When they are switching the odd player must try to get into one of the vacant places first, and if he/she does (is successful) the ousted player becomes the odd man in the center.

10. Four Square

- Instructor should make a four square court on the ground with tape (or use existing court)
- The game court shall consist of a large square subdivided into four squares of equal size
- Each square shall be numbered starting at one and going to four in a counterclockwise fashion
- The "one" square is called the entrance square; it is where a new player enters the game
- The player in the "four" square is called the king/queen; a smaller square shall be placed in the far corner from the center which is called the serving square
- The king/queen starts play with a serve and is allowed to modify the game rules (within acceptable reason) before each serve
- The serve is performed from the serving square; a serve consists of an underhanded strike and a bounce on the ground in the "four" square to any of the other three squares (like ping pong)
- The ball then is played so that the ball strikes a player's square but once and then struck so that it goes into another square
- A player is out when:
 - The ball is in a player's square and is unable to strike it into another player's square
 - The ball is in a player's square and the player's return lands on a line
 - The ball is in a player's square and the player's return hits another player's foot who doesn't intentionally move it into the path of the ball
 - Various rules are implemented to change this condition (i.e. a player is out when another player catches their strike)
 - When a player is out that player leaves the court, players rotate clockwise if their is an empty space, a new player enters in the "one" square