

CHEER-IT WITH SPIR-IT CHEERLEADING

Cheer-IT with Spir-IT Cheerleading & Jump Rope

Motion creates Emotion! Take your spirit to a higher level! Learn routines, cheers, motions and jumps that promote teamwork, fitness and FUN. We'll work on basic cheer and dance movements that have participants smiling from ear to ear and bouncing from head to toe! We bring the sidelines to center stage with cheers that include: "Who Rocks the House", "G-O Yell GO", "Dynamite", and many more. Our pyramid of activity will include cheers, routines, jump roping, and warm up games. Come be a part of something bigger, sign up today!

***REMEMBER** – Cheerleading Programs are a combination of Cheerleading and Jump Roping. Be sure to review the JUMP FOR JOY JUMP ROPE Curriculum and Games to incorporate it into your program

Skills to focus on: Routines, cheers, motions, and jumps.

Facilities: Gym or outdoor space

Safety: It is very important that you survey your area before beginning in order to make sure there are no hazardous objects or equipment that would be dangerous or distract the kids.

NOTE:

- Participants should not be doing gymnastics.
- There should be no 'stunts' taught or performed in the program.

Tips: At the start of the program, be sure to describe what cheerleading is and what they will be doing in the activity. Many kids won't know and instructors need to explain it and get the kids excited from the very first moments of the class. Make sure that you allow the kids to be creative and suggest ideas for cheers and games. A great idea for this program is to work all session towards putting on a final performance for parents during the end of the last class of the session. You will have to weave in and out of playing games and teaching skills and cheers. With every game you play, see how you can incorporate or relate it to cheerleading.

Skills/Drills

1. Formations
2. Motions
3. Jumps
4. Making Up Cheers
5. Final Performance

Cheers

1. Extra, Extra
2. Yell Out Your Colors
3. G-O Yell Go-Go
4. Dynamite
5. Rowdy
6. Red and White
7. Scared
8. Push 'em Back
9. Who Rocks the House
10. Beat Those Raiders

Games

1. The Wonder Pom
2. Hide the Pom
3. Little Suzie Walker
4. Telephone Relay
5. Steal The Pom
6. London-Spain-France
7. Soda Fountain
8. Relay Races
9. Changing Places
10. Four Square