



CHEERLEADING

1-2-3-4!

www.activitytv.com

DESCRIPTION

This favorite football chant will get the crowd cheering for your team in no time. Mix up some fun moves with a dose of spirit and you've got Coach Lauren and the A-TV squad teaching you all you need to know. It's as easy as 1-2-3-4!

MATERIALS

- comfortable sneakers
- comfortable clothes

DIRECTIONS

1. 1—2—3—4 Who are you Yelling For?! Go Big Blue! 1—2—3—4 Who are you Yelling For?! Go Big Blue!
2. This cheer starts with a "1-2-3-4," count, and each number has a different move. So I think we should break down the beginning of this cheer by number. Start out in a High V formation, standing on your tippy-toes. Now yell out "1."
3. From your high V formation, you are going to swing your arms around and cross them in front of your body while you do a tuck jump. A tuck jump is when you jump up and tuck your knees under your body. You want to end this move with bent knees in the high V position.
4. Bring your arms to your sides. Stand up tall.
5. For the next part of the cheer you are going to chant, "who are you yelling for" and clap 4 times.
6. For the final part of the cheer, "Go Big Blue," you are going to be doing three arm movements, one for each word. For "go," step out the right and form an "L" shape with your arms. Your left arm should be straight up and your right arm should be pointed out to the side. Both of your hands should be in fist formation.
7. For the next step, move your "L" to the other side of your body.
8. For "blue," switch your "L" back to the other side again. Then jump so your feet come together and form your arms into a High V. Simple! 1—2—3—4 Who are you Yelling For?! Go Big Blue! 1—2—3—4 Who are you Yelling For?! Go Big Blue!

Did you know there's a free web video for this activity with step-by-step instructions?
See all the fun activities for kids at www.activitytv.com.