



# CHEERLEADING

BE AGGRESSIVE

[www.activitytv.com](http://www.activitytv.com)

## DESCRIPTION

An all time football favorite, this cheer will have the crowds spelling out the words right along with you. From your family room to the football field you can lift everyone's spirits with this cheer!

## MATERIALS

- comfortable sneakers
- comfortable clothes

## DIRECTIONS

1. First practice the words. Remember, when you see dashes that means you're spelling out the word. Be Aggressive Be Be Aggressive Be Aggressive Be Be Aggressive B-E-A-GG-R-ESS-IVE Be Aggressive Be Be Aggressive Be Aggressive Be Be Aggressive B-E-A-GG-R-ESS-IVE!
2. For "Be Aggressive:" In this part we do a move called "the horse." It's easy. Just step to the left and then step to the right. When you step left, you kick back your right foot. And when you step to the right you kick back your left foot. You will also be clapping at the same time using the blade formation. That means hold your hands straight and stiff as a board. Pretend your fingers are glued together! To end this section: Freeze at the end of the chant with your legs and your hands together.
3. For spelling out "B:" When you say "B," get on your tiptoes and fold your arms. They should look like a genie's, with the right arm over the left arm. Guess what? That's called the Genie! "E!" When you say the "E," bend your knees and flex your elbow so that your arms are bent up to look like a goal post. "A:" Just raise your arms up into the touchdown position, palms turned in toward your face.
4. "G-G:" When you say "G-G" you need to bring your arms back down to the position they were in for the letter "E." Bend your knees and flex your elbow so that your arms are bent up to look like a goal post. "R:" When you say "R," go back to genie arms. "E-S-S:" Now go back to the "goal post" position you did for "E and GG. "I:" Keep your arms in the goal post position. "V:" Bend your arms down into a lower "touchdown" position. "E:" Bring your arms back to the goal post position.

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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](http://www.activitytv.com).