



CHEERLEADING

BLOCK THAT BALL

www.activitytv.com

DESCRIPTION

Need a great basketball cheer for your next school game? Block That Ball is perfect for when the opposing team is about to take a shot! Let Coach Lauren and the A-TV squad teach you how to get your team in the spirit of the game.

MATERIALS

- comfortable sneakers
- comfortable clothes

DIRECTIONS

1. Block That Ball! Block That Ball! Block That Ball Block That Ball! Block That Ball! Block That Ball Woohoo! Yeah! All right!
2. Stand with your feet together and your hands on your hips. Your posture should be straight and tall. Clap when you say the words "Block" and "That." When you clap, jump slightly into the air.
3. Next, add a kick to the cheer when we say the word "Ball." You will also be adding a high V when you kick. When you do this move you are going to be alternating legs. First you'll kick out your right leg and then you will kick out your left. Lift your arms into the high V when your leg goes up. When your leg comes down put your hands on you hips. Your hands should be in fist formation. The total moves for this cheer are; Clap, Clap, Kick, Hands on hips.

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.