



# CHEERLEADING

CATS GET TO IT

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

## DESCRIPTION

When you want your team to keep scoring, then you need a cheer that will get the crowd roaring. Your team is destined for victory after hearing this cheer!

## MATERIALS

- comfortable sneakers
- comfortable clothes

## DIRECTIONS

1. CATS GET TO IT! GRAB THE BALL AND SHOOT IT! CATS GET TO IT! GRAB THE BALL AND SHOOT IT!
2. Face the front and stand with your arms at your sides. Your hands should be in blade formation. The first tricky move is called a "Liberty." On the word "Cats" you need to pivot to the left slightly and bend your right leg at the knee, like a flamingo. Your right foot should be bent up so that it touches your left knee. Your left foot should be in a high half toe position (on your toes). When you go into the liberty, you want to bring your arms in front of you in an x shape with your right arm in front of left. Then you need to pause and release your right leg to the floor simultaneously hitting a low V all on the word "Cats."
3. For "Get To it," you bring your legs together with your feet in a high half toe position and arms in a high V. You are preparing for your herkie jump. So, you want to go into your high V and step up on your toes, and then pause and nod your head up and down.
4. The next step is for the words, "grab the ball." This is when you'll do your herkie jump. Make sure you have an adult around when you try this move. If you can't do a herkie just jump up in the air instead. After you nod your head, wind your arms around and do your herkie jump. Land your jump and say "Grab," then stand up when you say "the ball."
5. On "And shoot it!," stay facing the front and step back with your right leg and hit a high V with your arms. Your left knee should be bent. Then bring everything back together and repeat the cheer three times.

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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).