



CHEERLEADING

D-E-F-E-N-S-E

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DESCRIPTION

Get ready to show your team spirit with this cheer. Tell your players what to do when the opponents are looking to score. It's all about DEFENSE!

MATERIALS

- comfortable sneakers
- comfortable clothes

DIRECTIONS

1. D EF EN SE DE FENSE Woohoo! We're number one!
2. Start this cheer by putting your hands on your hips.
3. Step out with your right foot. Your body should be turned towards the left and your arms should be in a low V. Make sure that all your weight is shifted into your right hip. This is where you will shout out the letter "D."
4. The next move for this cheer happens when you say the letters E-F. You want to twist around to the left side, towards your back. Your right arm should be bent in front of your stomach and your left arm should be bent behind your back. When you twist around to the left you should only be moving your upper body.
5. The next step happens when you say the letters E-N. Twist back around to the front and put your arms into a low V. Rotate your body back around while you say the letters!
6. For the S-E move, you need to step up on your tippy toes and raise your arms into a high V. Your legs should be together and your hands should be in fists when you do the high V.
7. This next move is part of the finale. Put your left hand on your hip and then take your right arm and bend it so that your hand is behind your back and your elbow is pointed toward the ceiling. This is when you say DE.
8. This final move is when you are going to say FENSE. For this move, you are going to do a punch. Your hand should be in a fist and when you yell out FENSE, you are going to punch your right arm into the air. And after you do the punch, clap twice.

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.