


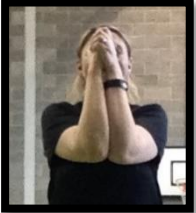




Activity 1- Complete the name of the cheerleading motions.



Extension – Create your own cheerleading dance.

Using the motions that you have learned today, create your own cheerleading dance. Write or draw them in the table below.

Tip – You should complete your dance in counts of 8. To make it easier, hold each motion for 2 counts. To make it harder, complete a different motion on each count.

Count	Description or drawing of your dance
1	
2	
3	
4	
5	
6	
7	
8	