



WINTER TENS

 **A 10 minute activity to get everyone moving!**

CHEER UP

Did you know?
Cheerleading in China is very new, but now they entertain crowds and perform professionally.

S

N

O

W

Give me a _____

Colour me in! 



10 Mins



CHEER UP

Walk & Run



Activity type

Home

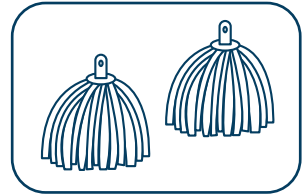
Away

Indoor

Outdoor

Equipment

Pompons (optional)
- make your own on a rainy day.



How to play



2

Make a shape with your body for each letter of **S-N-O-W**.

1

Make a cheerleading routine for **Bound for Beijing**. This could be a word related to winter e.g. **SNOW**.

4

Practise the chant while making the letters:

Give me an **S**
Give me an **N**
Give me an **O**
Give me an **W**

What does that spell?
SNOW!

3

Practise putting the letters together to make a routine.

5

Add a jump at the end.

Variations

- Make up your own chant.
- Change the shapes and movements you make.
- Practise with other people to make a team cheer.

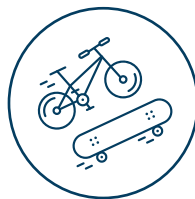
Challenge yourself

- Can you hold your balance between moves?
- Can you make it more energetic?
- Can you keep in time with other people?

What next?



Try something similar
gymnastics, dance, aerobics, cheerleading



Try something different
cycling, scooting, skateboarding, wheelchair racing



Log your activity and find more Winter Ten activities and resources at getset.co.uk/bound-beijing