

FAMILY CHEER!



YOU WILL NEED

- Family or friends
- A space to cheer

HOW TO PLAY

- Become a family cheerleading squad! Make letter shapes with your bodies spelling out the word ACTIVE.
- Call out together 'Give me an A'- all then perform a shape to represent an A.
- 'Give me a C'- all show a shape to represent a C etc...
- Shout 'Put it all together and what have you got?' ACTIVE!
- Repeat with other words.

REMEMBER...

- Try to hold the shape still with no wobbles; you may need to hold on to something for support.
- Make sure you have enough space.