

Cheers

Number of People	Approximate Time	Items Required
Small teams of 4-5 people	5 minutes plus 2 minutes for each team	—

This exercise encourages teamwork in a fun way and gets everyone up and moving.

5. Divide the group into small teams.
6. Each team develops a cheer with a pattern. Allow about 5 minutes for this task.
7. Each team then teaches their cheer to the remaining teams. Allow 1–2 minutes.
8. Remaining teams then perform the cheer in unison.