



STADIUM MOVES

Participants

Any number of participants.

Time Allotment

5 Minutes

Activity Level

High

Materials

No materials required

Method

▪ Youth do the following moves while seated:

- The Rumble (stomp feet on floor as quickly as possible; continue for 5 counts)
- YMCA (make letters with arms; repeat 5 times)
- Wave at the camera with both hands (continue for 15 counts)
- Shoulder shrugs (continue for 15 counts)
- Pass popcorn down the row
- We will rock you (stomp, stomp, clap)
- Pretend to throw five penalty flags
- Shake your fist at the refs (continue for 10 counts)
- Nervous fan (cross one ankle over the opposite knee, alternate 10 times)