

Getting Involved

Follow the instructions to complete the activity.

NAME

DATE

Using information you have read in the book, put the steps showing how to get started as a cheerleader in the correct order. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

Research the skills you need for the type of cheerleading you chose. You can ask the coach at school. You can do research online or at a library.

Learn and practice moves and cheers. Ask a cheerleader you know to help you. He or she can teach you some basic moves. Try some of the moves from this book. Look up videos online. Always be sure to practice under adult supervision.

Decide which type of cheerleading you want to do. You could be a cheerleader at your school. You would cheer at sporting events. Competitive cheerleading is another option.

Get fit. No matter the type of cheerleading you like, it helps to be healthy. Being strong and having endurance is important.

