

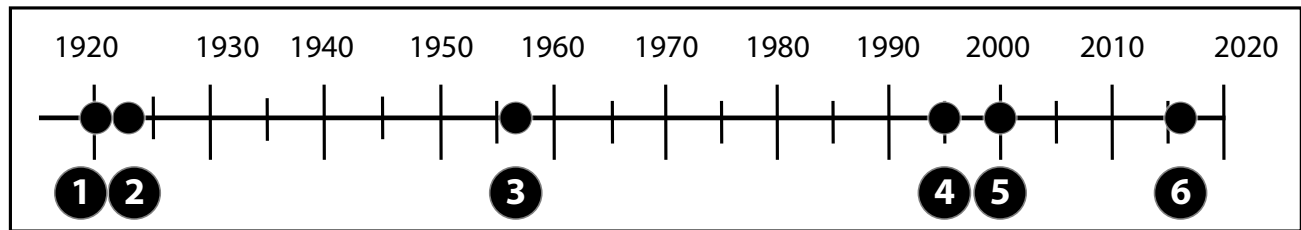
Make a Timeline

Follow the instructions to complete the activity.

NAME

DATE

Number the events below in the order they should appear on the timeline. Write the number in the box beside each event. Check your answers with pages 8–9 of the book.



Pom-poms with plastic streamers are invented. Older types were made of tissue paper. They were easily damaged.

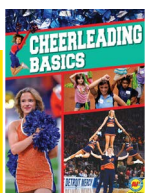
The hit cheerleading movie *Bring It On* is released. It stars Kirsten Dunst and Eliza Dushku. Five sequels are later made. They go directly to video.

Cheerleading gets provisional status. Cheerleading could be part of the 2020 or 2024 Summer Olympics.

In the decade starting this year, cheerleading is an organized activity for males.

Women are allowed to cheer for the first time. They attend the University of Minnesota.

American Cheerleading Magazine is published. The magazine can be bought online and in print. There are four issues a year, one for each season.



True or False

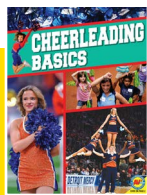
Follow the instructions to complete the activity.

NAME

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Using the information in *Cheerleading Basics*, verify whether the following information is true or false. Check your answers in the book. List the page number where you found your information beside your answer.

Statement 1	In a back handspring, cheerleaders start by crouching.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 2	Most squads practice every month.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 3	Lawrence "Herkie" Herkimer is known as the founding father of cheerleading.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 4	Stretching keeps muscles strong and healthy.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 5	The U.S. All Star Federation sets cheerleading safety guidelines.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>



Fill in the Blanks

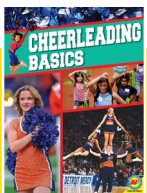
Follow the instructions to complete the activity.

NAME

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Use the information found in *Cheerleading Basics* to help you complete the following activity.

1. Lawrence "Herkie" Herkimer invented and the spirit stick.
2. For safety, need to be in specific places.
3. Lacey Henderson was in the 2016 in Rio de Janeiro, Brazil.
4. A cheerleading squad includes different roles. The is the leader.
5. In a , cheerleaders reach up and out diagonally.
6. Johnny Campbell was the first person to organize a .



Getting Involved

Follow the instructions to complete the activity.

NAME

DATE

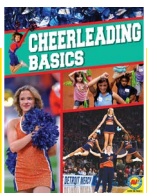
Using information you have read in the book, put the steps showing how to get started as a cheerleader in the correct order. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

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.



Complete the statements by writing the correct number in the box.

1. About this percent of all cheerleaders are now female.

4

2. Cheerleading started in the United States more than this many years ago.

50

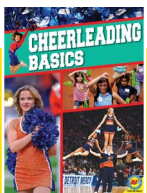
3. In a thigh stand, the flyer stands with feet apart on the thighs of this many bases.

95

4. About this percent of college cheerleaders are male.

120

5. Most stunts need this many or more cheerleaders.

2

Key Words Match-Up

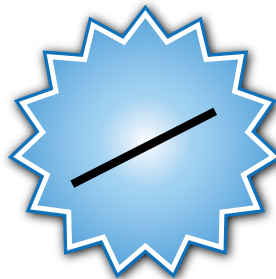
Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

KEY WORDS

spotters	scholarship	spirit stick
choreography	base	All-star
athleticism	flyer	drills
endurance	ambassadors	stunts
squads	provisional	prosthetic
coeducational	tumbling	

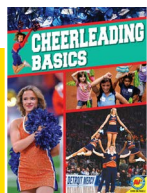


**Your
Score is**

%

1.
people who represent their groups
2.
a cheerleader who tosses, catches, and supports other cheerleaders during stunts
3.
including both males and females
4.
an ability to keep going when tired or stressed
5.
an artificial body part
6.
money given to a student to help pay for his or her education
7.
cheerleaders who watch flyers and catch them if they fall during stunts
8.
advanced cheerleading moves during which cheerleaders are held up or tossed in the air
9.
a type of cheerleading in which athletes compete during routines that include advanced moves

10.
an ability to do well at sports and physical activities
11.
how performers move during a routine, usually set to music
12.
sets of practice moves that are repeated many times
13.
a cheerleader who is held up or tossed into the air when doing stunts
14.
temporary and likely to be changed if requirements are met
15.
a long, thin stick or baton often decorated with ribbons and streamers
16.
cheerleading teams
17.
gymnastics moves, such as somersaults, rolls, and leaps



Quiz

Test your knowledge by answering these quiz questions.
Check your answers on the quiz page in the book.

NAME

DATE

1

Do All-star cheerleaders cheer at games for sports teams?

2

What percent of college cheerleaders are male?

3

What cheerleading tools did Lawrence Herkimer invent?

4

What organization sets guidelines for cheerleading competitions?

5

What are the three main positions for stunts?

6

Should cheerleading practice clothing be loose or tight-fitting?

7

What does a base do during a shoulder stand?

8

What does Lacey Henderson do now?

