

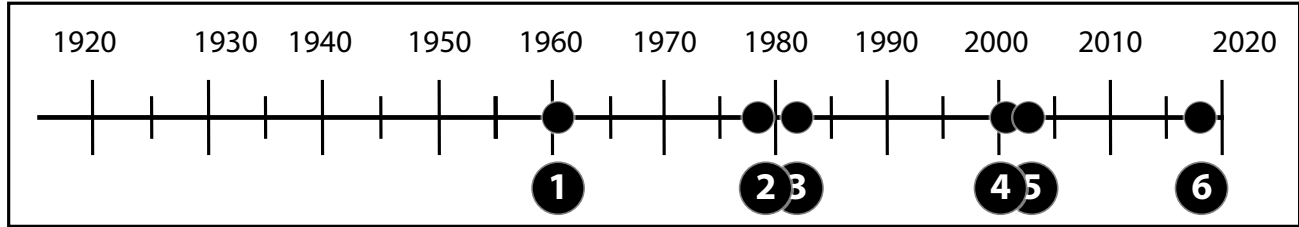
Make a Timeline

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.



The Q94 Rockers are the first All-star team. They are from Richmond, Virginia.

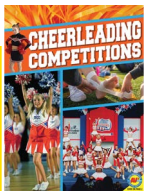
The International All Star Federation (IASF) is started. IASF makes sure all teams follow All-star rules. IASF also creates Cheerleading Worlds. This is an annual championship for All-stars.

Cheer Athletics Claw 6 wins Cheerleading Worlds. It marks the team's 17th Worlds title. The squad is from Plano, Texas.

Cheerleading competitions begin. The ICF lists the top 10 college squads.

Teams compete in the first high school cheerleading championship. It takes place in Memphis, Tennessee. State winners from eight states are invited.

The first Cheerleading Worlds is held. It takes place in Orlando, Florida. Miami Elite wins the coeducational division. Cheer Athletics comes in first in the all-girl category.



True or False

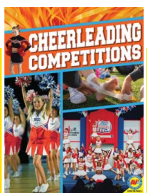
Follow the instructions to complete the activity.

NAME

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Using the information in *Cheerleading Competitions*, 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	Pop Warner is a national program. There are classes in youth cheer, dance, and football. It is the largest program of its kind in Florida.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 2	Competitive cheerleaders are placed on squads by age.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 3	Cheerleading competitions began in the 1950s. Each team wanted a spot on the Top 12 College Cheerleading Squads list.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 4	The first cheerleading competitions had simple moves. Cheerleaders did jumps and some tumbling.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>
Statement 5	The majority of competitions are held in the summer, but competitive cheerleaders practice year-round.	<input type="checkbox"/> True <input type="checkbox"/> False	Page Number	<input type="text"/>



Fill in the Blanks

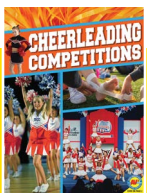
Follow the instructions to complete the activity.

NAME

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

1. Cheerleaders have to be in strong for competitions.
2. Cheerleaders are prepared in the event of an injury. and bandages are common items kept on hand.
3. In a competition, each team performs a . Each is set to music.
4. The judges at competitions are cheerleading experts. They follow for scoring.
5. Most national cheerleading competitions last from days.
6. are the leaders of competitive squads..



Getting Involved

Follow the instructions to complete the activity.

NAME

DATE

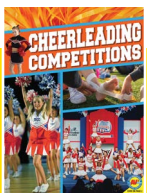
Using information you have read in the book, put the steps showing how to take to be a competitive cheerleader. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

Get fit. Eat nutritious foods. Competitive cheerleaders need to be healthy and strong.

Join a competitive cheer group in your area. In All-star cheerleading, there is usually a team for everyone. Age or skill level does not matter.

Watch a cheer competition to see if it interests you. Find one in your area. Many competitions sell tickets for people to come and watch. You can also watch videos of competitions online.

Commit to team practices. You can also take additional tumbling classes and flying lessons. Extra practice can improve and increase your skills.



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

1. Judges take away points from a starting score of this many points.

2.5

2. The annual Pop Warner competition has been held in Florida since this year.

3

3. A competitive cheerleading routine is this many minutes long.

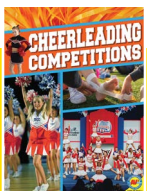
36

4. Competitive squads can have between 5 and this many members.

100

5. A cheerleading competition usually has at least this many judges.

1997



Key Words Match-Up

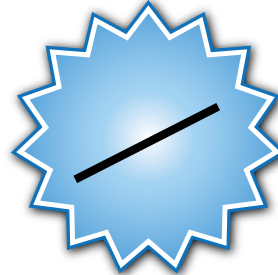
Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

KEY WORDS

pyramid	choreography	spotter
squads	flyers	criteria
championship	hydrated	All-star
stunts	planks	transitions
coeducational	cardiovascular	division
tumbling	special needs	

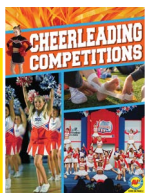


Your Score is

%

- also called cardio, a type of exercise that gets the heart beating fast and hard
- how performers move during a routine, usually set to music
- items that create a test used to judge or make a decision
- cheerleaders who are held up or tossed into the air when doing stunts
- exercise moves during which push-up positions are held for periods of time
- having physical, mental, or emotional problems and requiring extra support in education and activities
- cheerleading teams
- the movement from one cheerleading stunt to another during a routine

- a type of cheerleading in which athletes compete during routines that include advanced moves
- a final competition that determines the overall winner in a sport
- including both males and females
- a group of sports teams of similar age and ability
- having drunk enough water
- a stunt during which cheerleaders stand on the thighs or shoulders of other cheerleaders
- a cheerleader who watches a flyer and catches him or her if he or she falls during a stunt
- advanced cheerleading moves during which cheerleaders are held up or tossed in the air
- 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

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1 Are all school squads competitive?

2 When did All-star cheerleading start?

3 Which team won the 2018 Cheerleading Worlds competition?

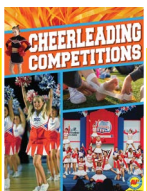
4 How many members can competitive squads have?

5 What is a base's job?

6 What are some emergency medical supplies cheerleaders keep on hand?

7 What is mandatory during a basket toss?

8 When did the Shooting Stars win their first national competition?



Quiz Answer Key

Compare your quiz answers with the answer key below.

NAME

DATE

- 1** No
- 2** In the 1980s
- 3** Cheer Athletics Claw 6
- 4** Between 5 and 36
- 5** To hold, toss, and catch the flyer
- 6** Athletic tape and bandages
- 7** A spotter
- 8** 2017

