

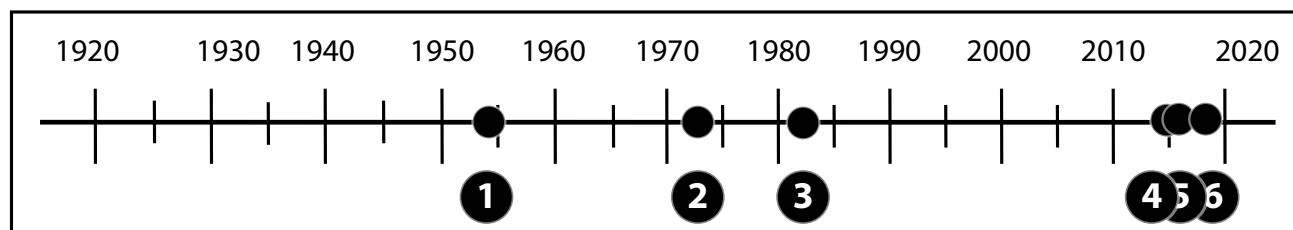
Make a Timeline

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 first All-star squad forms. The squad is called the Q94 Rockers. It is from Richmond, Virginia.

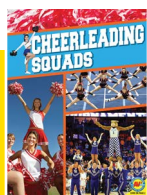
The Pop Warner program adds cheerleading. Many levels are included. These squads learn sideline cheerleading.

The University of Kentucky cheer squad sets a record. It wins eight national championships in a row.

The TV show *Cheer Squad* starts. It follows the Great White Sharks squad. The squad comes in third in the world championships.

The Baltimore Colts form the first professional squad. The squad has 10 members. It often performs with the Colts marching band.

The Team Finland All Girls Premier squad wins Worlds. Finland is the first team to ever beat the United States in this competition.



True or False

Follow the instructions to complete the activity.

NAME

DATE

Using the information in *Cheerleading Squads*, 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

There are about 500,000 cheerleaders on high school squads in the United States.

☐

True

☐

False

Page
Number

Statement 2

Trampolines are used when learning jumps and tumbling.

☐

True

☐

False

Page
Number

Statement 3

In a pike jump, cheerleaders keep their legs straight and their hands together.

☐

True

☐

False

Page
Number

Statement 4

Foods such as whole grain pasta and bread give energy.

☐

True

☐

False

Page
Number

Statement 5

Early cheerleading squads called out chants and did simple motions.

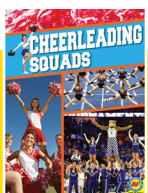
☐

True

☐

False

Page
Number



Fill in the Blanks

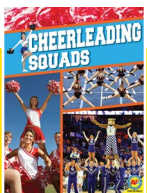
Follow the instructions to complete the activity.

NAME

DATE

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

1. Cheerleading squads are formed during .
2. A University of Kentucky cheerleader invented a tool.
3. Many and centers offer cheerleading clinics.
4. In an , cheerleaders do a jump with the knees held up to the chest.
5. Cheerleaders should choose foods for all their meals and snacks.
6. For advanced stunts, a is supported by two bases and two spotters.



Know Your Numbers

Follow the instructions to complete the activity.

NAME

DATE

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

1. Many schools help cheerleaders pay for college. Most give \$500 to \$1,000. Harvard University offers this much money to their cheerleaders.

1923

2. The first squads were all male. Women did not begin cheerleading until this year.

2018

3. More than half of all cheerleaders are between 7 and this many years old.

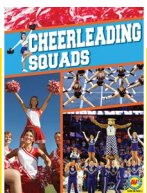
60

4. In this year, the Team Finland All Girls Premier squad wins Worlds. Finland is the first team to ever beat the United States in this competition.

22,000

5. Almost this percentage of children ages 6 to 12 participate in team sports. This includes cheerleading.

17



Getting Involved

Follow the instructions to complete the activity.

NAME

DATE

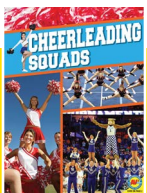
Using information you have read in the book, put the steps showing how to be on a cheerleading squad. Write the correct number in the box beside each step. Check your answers with pages 18–19 of the book.

Learn about the cheerleading squads in your area. Ask a cheerleader you know to tell you how to get started at school, or look up All-star squads online.

Attend all practices and team events. A cheerleading squad spends time together both on and off the field. This is how they build friendships and trust. Be sure you have the time needed to be a dependable team member.

Get fit and eat healthily. All members of a cheerleading squad must be strong and healthy. Build up your endurance by running. Get stronger by working out.

Be a good teammate. Have a good attitude. Cheerleaders are known for being positive and enthusiastic. This begins with being helpful to your squad.



Key Words Match-Up

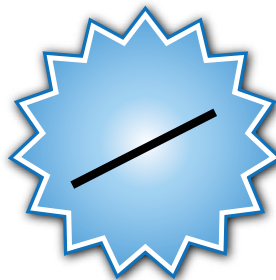
Write the words from the list below in the box above the correct definition for each word.

NAME

DATE

KEY WORDS

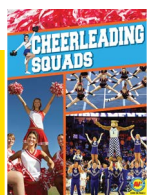
flyer	hydrated	stunts
runways	All-star	championships
clinic	professional	dependable
tumbling	endurance	mentors
spotters	sideline	
tryouts	Worlds	



**Your
Score is**

%

- cheerleaders who watch flyers and catch them if they fall during stunts
- people who are experienced and teach younger people
- a cheerleader who is held up or tossed into the air when doing stunts
- able to be counted on and trusted
- the biggest competition for All-star cheerleading; short for Cheerleading Worlds
- final competitions that determine the overall winner in a sport
- events during which people are tested and judged in order to join a team or group
- long, narrow paths or platforms
- a type of cheerleading in which a team cheers on its sport team from the sides of the field
- a workshop or class on a single subject
- an ability to keep going when tired or stressed
- gymnastics moves, such as somersaults, rolls, and leaps
- a type of cheerleading in which athletes are paid for their work
- a type of cheerleading in which athletes compete during routines that include advanced moves
- advanced cheerleading moves during which cheerleaders are held up or tossed in the air
- having enough water



Quiz

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

NAME

DATE

1

How many athletes do most squads have?

2

Were the first squads all female?

3

In which year did the Baltimore Colts form the first professional squad?

4

How long do many tryouts last?

5

What are the three positions on a squad?

6

Who invented the stunt stepper?

7

How many times does the flyer spin during a kick twist basket toss?

8

What are some examples of healthy foods?

