

Cheerleader Worksheet Assignment

Name: _____

Date: _____

Part 1: Self-Reflection

1. What does being a cheerleader mean to you?
2. Describe one way you've supported your teammates this week.
3. How do you show leadership inside and outside of practice?
4. What's one personal goal you have as a cheerleader this month?

Part 2: Team Values Match-Up

Match the value to its definition.

- A. Leadership
- B. Teamwork
- C. Respect
- D. Responsibility
- E. Integrity

1. _____ Working well with others to reach a common goal
2. _____ Doing what's right, even when no one is watching
3. _____ Setting a good example and guiding others
4. _____ Treating everyone with kindness and consideration
5. _____ Being accountable for your actions and commitments

Part 3: Scenario Response

Scenario: A teammate misses a practice and shows up late for the next one without informing anyone. They seem stressed.

Question: How would you approach them, and what could you do to support your teammate while maintaining team accountability?

Bonus: Spirit Boost!

Write a short chant or cheer (2-4 lines) that promotes teamwork or school spirit.