

# 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.