



GIRL SCOUTS OF NORTHERN CALIFORNIA

## CHEERLEADING

A GS NORCAL COUNCIL'S OWN BADGE PROGRAM

### CHEERLEADING BADGE

TO EDUCATE GIRLS ABOUT CHEERLEADING!



### PURPOSE

Did you know that Actress Sandra Bullock and President George W. Bush were both cheerleaders in their youth? Have you ever wanted to learn what it takes to become a cheerleader? Well this is your chance to learn the techniques cheerleaders use to keep the crowd and team excited during games! Cheerleading has become one of the most popular sports for girls in school and uses many different muscles. Please remember that girls always need to do a slow and steady warm-up exercise to stretch their muscles before practicing. Have fun creating new cheers.

### REQUIREMENTS

Complete 4 of the following activities.

All members of Girl Scouts of the USA are eligible to earn the Cheerleading Badge.

The Cheerleading Badge is an official award and should be worn on the front of the vest or sash.

### ORDER INFORMATION

To order the Cheerleading Badge, please visit [www.girlscoutsnorcal.org](http://www.girlscoutsnorcal.org) and purchase the items online. Please note that shipping and handling will be added to all online orders.

Members of Girl Scouts of Northern California will not be charged for shipping and handling if they use the GS NorCal Council's Own Order Form and have badges shipped to the closest GS NorCal store in their area for members to pick up.

ORDER PATCHES ONLINE AT [WWW.GIRLSCOUTSNORCAL.ORG](http://WWW.GIRLSCOUTSNORCAL.ORG)  
FOR FURTHER INFORMATION ON PATCH PROGRAMS CONTACT [PATCHES@GIRLSCOUTSNORCAL.ORG](mailto:PATCHES@GIRLSCOUTSNORCAL.ORG)

## CHEERLEADING BADGE FOR BROWNIE GIRL SCOUTS

Complete at least 4 of the following activities.

### 1. TONE OF VOICE

Learn and discuss how tone of voice is used in Cheerleading. Role play saying the same thing in a quiet manner or an energetic manner .

### 2. APPEARANCE

Cheerleaders have a specific uniform, but they also have requirements regarding hair, shoes, socks and even hair ties. Discuss the attitude and appearance a cheerleader should portray.

### 3. LEARN A CHEER

Have someone who is a cheerleader or coach teach you some of the basic elements of cheerleading. Then put it all together into a cheer. Perform your cheer for family or other Girl Scouts.

### 4. PERFORM A CHEER

Learn a cheer and perform it in a public venue, talent show or parade.

### 5. CRAFT

Dress up and take some pictures in cheerleading outfits. Make a frame out of Popsicle sticks or other medium to save your special shot.

### 6. CHEERLEADING THROUGH THE YEARS

Talk to coaches and discover how cheerleading has changed over the years. Find out what purposes cheerleaders serve and how cheerleading has transformed into a sport in recent years .

### 7. STRETCHING

Why is stretching so important? What can happen to our bodies if we do not stretch before exercising?

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# BASIC CHEERLEADING MOTIONS



**Basic cheerleading stance**



**Lunge**



**"L" Motion**



**High "V"**



**Half high "V"**



**Low "V"**



**Right "K" Motion**



**Left "K" Motion**



**Daggers**



## **"L" motion**

It may also be done in either direction. Keep your elbows locked.



## **Diagonal**

It can be done in either direction.





**T Motion**



**Half-T**



**Bow and arrow**



**Touchdown Motion** Make sure to keep your wrists straight when you do this motion, and keep your fists flat on top!



**Low Touchdown Motion** Just bring your arms straight down from a touchdown motion.



**Punch Motion**

It is often used in cheers that require a crowd response. It is sometimes called a "GO" motion.