



GIRL SCOUTS OF NORTHERN CALIFORNIA

CHEERLEADING

A GS NORCAL COUNCIL'S OWN BADGE PROGRAM

JUNIORS

TO EDUCATE GIRLS ABOUT CHEERLEADING!



PURPOSE

Did you know that Sandra Bullock and former US President George Bush were both cheerleaders? Learn about the history of cheerleading and how it has changed over the years. Learn to cheer and have fun!!

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CHEERLEADING BADGE FOR JUNIOR GIRL SCOUTS

Complete at least 6 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 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 find out how cheerleading has changed over the years. Find out what purposes cheerleader's 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?

8. SHARE YOUR KNOWLEDGE

Teach a Brownie troop a cheer and help them perform it for their families.

9. FAMOUS CHEERLEADERS

Actress Sandra Bullock and President George W. Bush were both cheerleaders in their youth. Research other famous cheerleaders and discuss how cheerleading skills might help in your future career plans.

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