

Name:

## Day One

# Cheerleading: A Risky Business

### Part 1: Silent read

➔ Find out how cheerleading has changed. Read silently.

What do Madonna, Lindsay Lohan, and George W. Bush have in common? What about Paula Abdul, Halle Berry, and President Franklin D. Roosevelt? All six of these famous people were once cheerleaders.

In the past, cheerleading was something young men and women did to support sports teams. They performed cheers on the sidelines to excite the crowd. Today, however, cheerleading has changed. It involves tumbling, gymnastics, and dance. Routines are highly choreographed. Cheerleaders toss each other into the air. They must be flexible, graceful, and strong. However, as cheer becomes more complex, it also becomes more dangerous.

An 18-year-old cheerleader named Jessica Smith broke her neck in a stunt. “As I was thrown into the air, the cheerleader who was supposed to catch me lost his balance and fell back,” she says. “I was inverted and in the air with nothing to stop me from coming straight down on my head.” Jessica can’t move properly anymore. She dropped out of school.

How can such frightening accidents happen? Some people blame old stereotypes about cheerleading. In many states, it is considered an activity instead of a sport. Therefore, it has fewer safety rules. “Everyone thought cheerleading was jumping up and down and screaming to the crowd, which seemed pretty harmless,” says Brenda Shields, an expert on cheerleading injuries. “No one knew how much cheerleading had changed.”



# Day One

// one minute

## Cheerleading: A Risky Business

### Part 2: First timed read

WPM \_\_\_\_\_

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### Part 3: Comprehension and discussion

How has cheerleading changed?

How	has	cheerleading	chan
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How was Jessica Smith injured?

## Day One

# Cheerleading: A Risky Business

### Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

What do Madonna, / Lindsay Lohan, / and George W. Bush have in common? // What about Paula Abdul, / Halle Berry, / and President Franklin D. Roosevelt? // All six of these / famous people were once cheerleaders. //

In the past, / cheerleading was something young men and women did / to support sports teams. // They performed cheers on the sidelines to excite the crowd. // Today, / however, / cheerleading has changed. // It involves tumbling, / gymnastics, / and dance. // Routines are highly choreographed. // Cheerleaders toss each other into the air. // They must be flexible, / graceful, / and strong. // However, / as cheer becomes more complex, / it also becomes more dangerous. //

An 18-year-old cheerleader named Jessica Smith / broke her neck in a stunt. // “As I was thrown into the air, / the cheerleader who was supposed to catch me / lost his balance and fell back,” / she says. // “I was inverted and in the air with nothing to stop me / from coming straight down on my head.” // Jessica can’t move properly anymore. // She dropped out of school. //

How can such frightening accidents happen? // Some people blame old stereotypes about cheerleading. // In many states, / it is considered an activity instead of a sport. // Therefore, / it has fewer safety rules. // “Everyone thought cheerleading was jumping up and down / and screaming to the crowd, / which seemed pretty harmless,” / says Brenda Shields, / an expert on cheerleading injuries. // “No one knew how much cheerleading had changed.” //

I read the passage in phrases out loud to my partner.