

NOT FOR SALE

12

H.O.P.E.3

Health Optimizing Physical Education Module 6



SDO TAGUIG CITY AND PATEROS

Introductory Message

For the facilitator:

This module was collaboratively designed, developed and evaluated by the Development and Quality Assurance Teams of SDO TAPAT to assist you in helping the learners meet the standards set by the K to 12 Curriculum while overcoming their personal, social, and economic constraints in schooling. As a facilitator, you are expected to orient the learners on how to use this module. You also need to keep track of the learners' progress while allowing them to manage their own learning. Furthermore, you are expected to encourage and assist the learners as they do the tasks included in the module.

For the learner:

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer *What I Know* before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your teacher/facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!



Let's Learn

This module was designed and written to help you understand the cheerdance for fitness.

After going through this module, you are expected to:

1. Engage in moderate to vigorous physical activities (MVPAs) for at least 60 minutes most days of the week in a variety of settings in- and out-of-school (PEH11FH-Ia-t-8).
2. Demonstrate proper etiquette and safety in the use of facilities and equipment (PEH11FH-Ia-t-12).
3. Recognize the value of optimizing one's health through participation in physical activity assessments (PEH11FH-Id-t-14).

Lesson

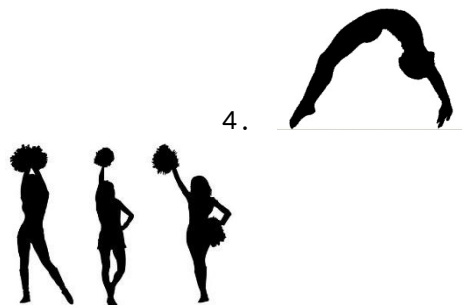
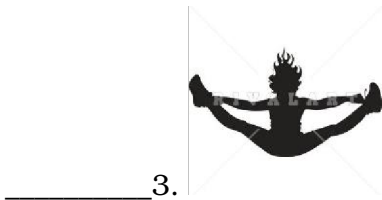
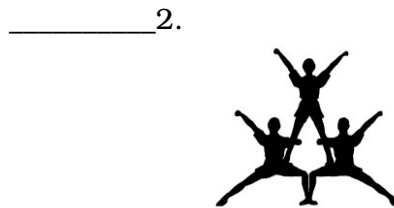
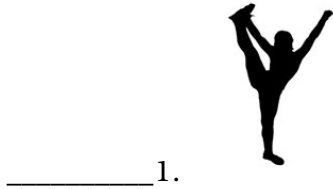
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Cheer Dance for Fitness



Let's Recall

Direction: Identify the following elements of cheer dance.



MY ANSWERS:

1. LEAP

2. STUNTS

3. JUMPS

4. TUMBLING

5. MOTIONS



Let's Explore

Let us do the Cheer Dance Fitness: Open the link below.



<https://www.youtube.com/watch?v=cMaKJ3jas0U&list=PL7322CF74A6A3033C&index=6>



Let's Elaborate

Introduction to Cheer Dance for Fitness

Over a period of time, many cheer teams carry out strength training and conditioning exercises regularly to build the muscles needed to perform stunt sequences, tumbling passes, and jumps and these moves will build powerful muscles in the lower body, shoulders, and core.

Definition of Cheer Dance for Fitness

Cheer dance is relatively new in field of sports and dance as it has only emerged during the early 1990s as part of the cheerleading events. It is one of the categories in the International Cheerleading Competition that focuses on dance techniques and basic elements of cheerleading. Cheer dance also serves as dance fitness to develop the cardiovascular, flexibility, strength, and power of an individual's body.

Cheer dance is coined from the words "cheer" and "dance." To cheer is to shout out words or phrases that may well motivate team and perform better during the Game and dance on the other hand.

Cheerleading is an activity in which the participants (called cheerleaders) cheer for their team as a form of encouragement. It can range from chanting slogans to intense physical activity. It can be performed to motivate a sports

teams, to entertain the audience, or for competition. Competitive routines typically range anywhere from one to three minutes, and contain components of tumbling, dance, jumps, cheers, and stunting.

History of Dance

Cheerleading history is linked closely to the United States history of sports, its sporting venues, as well as the historic development of overall crowd participation at many athletics events. However, its origins can be traced as far as the late 19th century where in 1860s, students from Great Britain began to cheer and chant in unison for their favorite athletes at sporting events. This then eventually reached and influenced America.

In the late 1880s, the first organized recorded yell done in locomotive style that was performed in an American campus and was first seen and heard during a college football game. However, organized all-male cheerleading only transpired when Thomas Peebles, one of the graduates of Princeton University, brought the yell and the football sport to the University of Minnesota in 1884. It was through the initiative of Jhonny Campbell, a student from the University of Minnesota, that cheerleading officially began in November 2, 1898.

Female students were encouraged to participate in cheerleading since majority of the male students participated in cheering teams and pep squad. During the 1920's up to the World War II when most of the men were sent to serve the army, the women began to dominate this event.

Cheerleading Philippines (CPF) is the national confederation of cheerleading organization and the official governing body of cheerleading and cheer dancing in the Philippines. It is affiliated with the International Federation for Cheerleading and the continental body, the Asian Federation of Cheerleading.

Events included are mixed cheer, all female, partner stunts, and cheer dance, all of which are official events in cheerleading worldwide. It is under the umbrella of the Gymnastics Association of the Philippines, a full member of the Federation International Gymnastics (FIG), The Philippines Olympic Committee (POC) and recognized by the Philippines Sports Commission (PSC), the Commission of Higher Education (CHED), and the Department of Education (DepEd). The SPF is mandated to sponsor and sanction cheerleading and cheer dance national and international competitions.

The National cheerleading Championship (NCC) conducts camps and competition in provinces and cities across the Philippines, called the Regional Qualifiers. The top teams then move on to compete against the best in the country's biggest cheerleading competition, called national. It is the mission of NCC to establish a world-class cheerleading program that allows athletes to excel internationally.

Elements of a Cheer Dance

A cheerdance performance consist of different structured and organized movements which are being scored when in competition, the movements must be proper and efficient in order to earn scores and avoid deduction. Here are the elements of cheer dance to consider in creating a routine:

A. Yells/Chants- are usually done by performers with pride and confidence.

B. Jumps

Types of Jumps

- **X Jumpspread eagle** - simply swing and jumps with arms doing high “V” figure and legs apart, knees facing forward but not toward the sky. This jump is used as a progression to learn more advance jumps.
- **Tuck jumps** - legs in front while knees tucked to the chest. Closed fist and arms spread forming “T” or “V” figure.
- **Toe touch** - one of the most common jumps used in cheerleading. Legs are straddled, straight and parallel to the ground forming “V” figure. Knees face the sky, toes pointed, arms form “T” position, closed fist and must not touch the toe despite the name.
- **Pike** – legs are straight, together, and parallel to the ground. Toe are pointed, arms are straight reaching the front while hands are in closed fist.
- **Hurdle** – one leg straight facing forward (front hurdle) or facing outward (side hurdle) with arms forming “T” figure. The other leg is bent, knees facing the ground (front hurdle) or facing forward (side hurdle)

Jumping movement breakdown

1. **Starting/Standing position:** feet together and arms by the side of the body
2. **Preparatory:** hands are clasped, raised in high “V” position.
3. **Dip:** bending of knees, swinging of the arms across the body and in front of the knees.
4. **Jump execution:** power must be generated by the legs muscle
5. **Recovery:/ Landing position:** knees are slightly bent for weight absorption, with arms to the side of the body.

C. Stunts: most stunts are done by the flyers (usually female) with base (male lifter) and spotters. It is essential to know the proper execution of the stunts to secure the safety of both flyers and lifters.

Basic types of stunt:

- basket toss, prep, full extension, thigh stand, shoulder sit, spotting

D. Pyramid: It is a stunt where cheer dancers stack their selves up above to one another forming layers.

How to build a pyramid:

- 1. Transition or set-up:** dancers position themselves in a formation for pyramid.
- 2. Loading:** the flyers are being lifted to build the pyramid.
- 3. Hit:** This is the time where the flyer, bases, spotter execute the final pose of the pyramid.
- 4. Dismount:** flyers jumps off the bases and lands on the ground safety.

E. Tumble: is an excellent way to add extreme, thrill, and excitement in skills in cheer dance. Safety and security must always be observed to avoid injury especially tumble skills involve gravity-defying and intense ground impact.

Types of Tumbling skills:

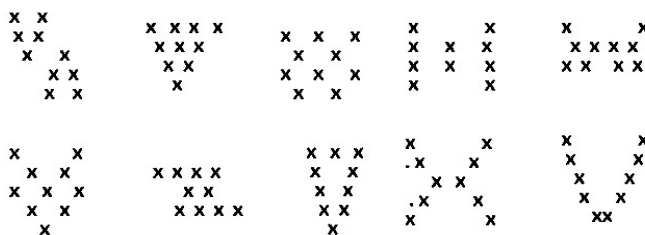
- Standing – completing a tumble in a stationary position
- Running – completing a tumble from a running start

F. Dance: different theme (e.g. anime, superheroes, animal culture) inspire most of the choreograph of cheer dancing. Hip-hop, contemporary, and festival type of dances can be applicable in creating a cheer routine. Synchronization is one of the most important factors to be considered to create a precise and entertaining routine.

G. Cheer Motion are made up of hand, arm, and body position. Although cheer styles may vary according to the cheerleaders' preferences, all motions originate from the standard basic motion.

Formation:

10 Person Cheer Formations



Basic Hand Movements in Cheer Dance



Front Lunge



Broken T



Left High V



Right Bow and Arrow



High V



Daggers



Right Punch Up



Clasp



Low V



Touchdown



Left Punch up



Clap



T



Right Half High V



Left Bow and Arrow



Right Low V

Exercise Methods in improving cheer dancing fitness/skills

Strength Exercise	Agility Exercise	Balance Exercise	Endurance Exercise	Flexibility	Coordination Exercise
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<ul style="list-style-type: none"> • Press • Push-ups • Planks • jumps squats • dead lifts 	<ul style="list-style-type: none"> •sprints •change direction 	<ul style="list-style-type: none"> •Onelegged balance •Twist jumps •flamingo Leg balance 	<ul style="list-style-type: none"> •jogging •dancing •interval running 	<ul style="list-style-type: none"> •sit and reach •splits •bendings 	<ul style="list-style-type: none"> •Marking •Music and dance simulation
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Benefit of Cheer dance for Fitness

The specific techniques that cheer dance requires causes the body to develop a different system which can be healthy benefits to participants. Cheer dance is also a long-time physical activity wherein the body needs to sustain enough energy to perform which causes the body to burn calories. Body weight is strictly managed when in a team, so cheer dancers observe proper eating habit.

- Maintains a healthy level of fitness
- Strength training
- Coordination
- Flexibility
- Improves posture
- Develop team building
- Improves confidence
- Learn to take direction
- Set personal Goals
- Build relationship with fellow team members

Do's and Don'ts in Cheerleading

Do's	Don'ts
<ul style="list-style-type: none"> • Eat the right kind of food and any try various physical activities. • Sign up for training camps. • Wear proper attire. Use the right clothes and right shoes during cheerleading practice and competition. 	<ul style="list-style-type: none"> • Take practices for granted. • Push yourself too much. I hurt or injured, do not push yourself to attend practice.



Let's Dig In

Direction: Create your own cheer dance routine based on the following exercise methods with hand movement.

- a. Strength exercise
- b. Agility Exercise
- c. Balance Exercise
- d. Endurance Exercise
- e. Flexibility
- f. Coordination Exercise



Let's Remember

Direction: Execute all the basic hand movements together with the footwork accompanied with music.

DANCE PERFORMANCE RUBRICS					
Criteria	Excellent 5pts	Good 4pts	Acceptable 3pts	Partial 2pts	Minimal 1pts
Knowledge of Choreography excellent good knowledge of the of the the of choreography, looks true to the moves that does (3-5 movements.	Demonstrates knowledge of steps execution and does it well	Demonstrates knowledge of some moves choreography errors some not interfere	Demonstrates few of the choreography errors some were errors)causing	Demonstrates Memory of the routine and choreography , but unsure of choreograph however it	Remembers a knowledge of
Technical skills Great attention to the body are great attention elements(e.i.foot little attention	Dance performed with the attention to technical movements, techniques, hasn't attained (position) done or other performance . demonstrates an understanding of style.	Dance performed with some technical movements, movements are dance style. dance technical excellent of dance	Dance performed with understanding of dance, executed smoothly to quality of placement demonstrated in errors.	Only some remembers of quality of details of body position, attained and proficiency in dance . Also style.Some	Although position and moves of most details of
Performance Skills Projection of eye contact cheerful facial expressions with the audience. The dancer is confident with movements completely	The dancer draws the uadience to watch them and is able to engage the audience . Is	The dancer communicates with uadience through eye contact and facial and body expression	The dancer communicates with uadience through eye contact and facial and body audience with	The dancer is generally focused but of some attempt made to grab attention of the or committed through	The dancer is not very and focused on making eye contact , concentrated able to
11					

engage .occasionally eye contact and to performance . the audience. loses focus. good
 facial performance.

Rhythm/Tempo Shows a Accurate in beat Generally Shows a bsic Attempts to
 Staying on count and with complete , tempo, rhythms accurate in understanding of keep a rhythm, the
 beats of the music understanding of of dance beat , tempo, tempo and beat, but gets off
 tempo and beat sequence rhythms of but falls behind beat and
 and stays on throughout the dance and or speeds up speeds up or rhythm dance sequence most in
 places or falls behind throughout the of the time makes errors in often. Doesn't
 dance. rhythm. follow beat in music



Let's Apply

Direction: Matching Type. Match the terms in column A with the description in column B. Write the answer on the space provided before the number.

Column A

Column B

- | | |
|---|--|
| <p>B 1. Cheer motion</p> <p>H 2. Cheer dance</p> <p>D 3. Basic elements of cheer dance</p> <p>G 4. Cheer dance routine</p> <p>E 5. A toe touch is the name of</p> <p>C 6. UAAP</p> <p>K 7. Cheerleading formation</p> <p>F 8. Cheerleading</p> <p>I 9. Maintain healthy level of fitness</p> | <p>a. Jumps</p> <p>b. Are made up of hand, arm, and body position</p> <p>c. Most spectacular events in one of the biggest collegiate sports events in the country.</p> <p>d. A re crucial to the success of a squad's performance.</p> <p>e. Front/side kick and full/half/split</p> <p>f. Is an activity in which the participants (Called "Cheerleaders") cheer for their team as a form of encouragement</p> <p>g. Require a mixture of dance and music and some cheer segment to kick off a routine.</p> <p>h. It is coined from the words</p> |
|---|--|

- b. tumble d. Yell/chants
7. What type of jumps when legs in front while knees tucked to the chest, closed fist and, arms spread forming “T” or “V” figure?
 a. Tuck jumps c. toe touch
 b. pike d. hurdle
8. What type of jumps that legs are straight, together, and parallel to the ground
 a. pike c. tuck jump
 b. hurdle d. toe touch
9. The main roles of the base are:
 a. Sitting and sleeping c. lifting, throwing, and catching
 b. Observe and commenting d. lifting observing, throwing
10. All the following are benefits of cheer dance EXCEPT:
 a. Improves Posture
 b. Develop Team Building
 c. Improves Confident
 d. Learn to take moves

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