

Learning Competencies

:

- Discuss the nature of different dances(PEH12FH-Ia-19)
- Self-assess health-related fitness (HRF) status, barriers to physical activity assessment participation of one's diet. (PEH12FH-Ig-i6)

Many dancers want to become professional cheerleaders, leading crowds in chants and cheers while energizing and inspiring them to actively support their home team.



What is Cheer Dance?

- Is a physical activity with combination of different dance genre and gymnastics skills such as tumbling, pyramids, tosses and stunts. The routines usually range anywhere from one to three minutes and they are done to direct spectators to cheer for sports teams or participate in cheerdance competition.
- Is a coined from the words cheer and dance
- Cheer Dance, on the other hand, is a physical activity where one expresses emotions or gestures while performing bodily movement usually in time with rhythm.



What is Cheer Leading?

- 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 too motivate sports team, 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.

Cheer dance Basic (Gymnastic Side)



Jumps

- Tuck
- Star/Spread eagle
- Pike
- Split
- Hurdle Jump/ Hurkie
- Toe Touch jump

Pyramids


- Flyer Base Spotter
- Levels: One and a half High
Two-High
Two and a half high




Cheerdance basics (Cher Side)

- Ready Position. Source. This is a **basic** starting position for almost every routine.
- Hand Clasp. Source. Although it may appear that a cheerleader is clapping, more than likely she is clasping her hands together.
- T Motion. Source.
- Broken T. Source.
- Touchdown. Source.
- V Motion. Source.
- Right and Left Punch. Source.
- L Motion. Source


ESSENTIALS OF CHEERDANCING




TABLETOP
Arms bent at elbow, fists in front of shoulders




LOW CLASP
Arms extended straight down, in a clasp and slightly in front of the body




PUNCH
One arm extended straight up, one arm on hip, in a fist




L MOTION
One arm extended to the side with other arm extended in a punch motion, (Left L shown)




DIAGONAL
One arm extended in a high "V" and the other arm extended in a low "V" (Right Diagonal shown)




T MOTION
Both arms extended straight out to the side and parallel to the ground, relax the shoulders




HALF T
Both arms parallel to the ground and bent at the elbows, fists into shoulders




SIDE LUNGE
Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other




FRONT LUNGE
Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other




BEGINNING STANCE
Feet together, hands down by the side in blades




CHEER STANCE
Feet more than shoulder width apart, hands down by the side in blades




CLASP
Hands clasped, at the chin, elbows in




CLAP
Hands in blades, at the chin, elbows in




HIGH V
Arms extended up forming a "V", relax the shoulders




LOW V
Arms extended down forming a "V"




TOUCHDOWN
Arms extended straight and parallel to each other, fist facing in




LOW TOUCHDOWN
Arms extended straight down and parallel to each other, fist facing in




BOW AND ARROW
One arm extended to side with other arm bent at elbow in a half "T" motion




OVERHEAD CLASP
Arms are straight, above the head in a clasp and slightly in front of the face




TABLETOP
Arms bent at elbow, fists in front of shoulders




LOW CLASP
Arms extended straight down, in a clasp and slightly in front of the body




PUNCH
One arm extended straight up, one arm on hip, in a fist




L MOTION
One arm extended to the side with other arm extended in a punch motion, (Left L shown)




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Activity

Instruction: Create a short video of yourself doing at least 4 basic hand motion of Cheer dance and make your own cheer and/or chants.

Summary/Synthesis:

Cheer leading 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 sports teams, to entertain the audience, or for competition.

References

- Dance for life textbook Unit 4(k12)
-(What is cheer dance and Cheer Leading)
- <https://www.slideshare.net/NoemiBalbido/cheerdance>
(Cheer Dance Basic Gymnastics)
- <https://findanyanswer.com/what-are-the-basic-steps-of-cheerdance> **basic ateps of cheer dance**
- <https://www.teamsnap.com/community/skills-drills/sport/cheerleading/tumbling>.
- <https://www.createwebquest.com/cheerdancecheerleading> **(Cheerdance or Cheerleading)**

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Physical Education and Health 3

SY.2021-2022

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK 11

Instruction: Read carefully and understand the questions. Write your answer on the space provided. At least 3-5 sentences. (10 points each)

1. Why do we need to know about cheer dance/cheerleading?
2. What is the biggest benefit of cheer dance to the youth?