

Learning Competencies

- Discuss the nature of different dances(PEH12FH-Ia-19)

ACTIVITY. JUMBLE LETTERS
Instruction: Arrange the JUMBLED LETTERS below.

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International Latin is comprised of five dances: Cha Cha, Samba, Rumba, Paso Doble, and Jive. Social Latin dancing is undoubtedly freer than Standard or Smooth. The dancers have more freedom to perform and improvise because they dont need to maintain a constant frame. One of the most intense dancing genres is Latin.

INTERNATIONAL LATIN DANCES



CHA-CHA - The flirtatious dance can be thought of as a slower mamba. Much of hip movement will be involved. It is a derivative of the mambo and also a stepchild the swing. It is danced with a triple step and a break and check. Cha-cha is passionate, energetic, lively and flirtatious. It has 4/4 time signature. Cha-Cha (112-128 BPM)



SAMBA - The Samba is an energetic and lively dance that is currently popular in many parts of the world. Syncopated rhythms, bouncing actions, and rolling hip movements characterize the dance. It may be danced with or without a partner. It is danced to music in 2/4 time signature. Samba (96-104 BPM)



JIVE - Jive is usually performed as if it is making fun of all the slothfulness, stiffness and heaviness. A spicy swing dance set to big band music in which the man leads and the women encourage more men to ask them to dance. It dance in 4/4 time signature. Jive (152-176 BPM)



RUMBA - The Rumba is considered to be one of the most beautiful Latin style dances, and the sexiest of the ballroom dances, earning its nickname as “The Dance of Love.” Rumba tells the story of love and passion between a strong man and teasing woman. A slow- to medium-tempo Latin American dance in 4/4 time signature. Rumba (120-144 BPM)



PASO DOBLE - The Paso Doble is a passionate dance based on a Spanish bullfight or a dramatic French-Spanish Flamenco style. The leader represents the proud Spanish matador and the woman or follower is the Matador’s cape. It has 2/4 time signature. Paso Doble is usually danced to Espana Cani, the Spanish Gypsy Dance. Paso Doble (112-124 BPM)

ACTIVITY

Instruction: The students will be divided into 5 groups. Each group will be assigned to Latin Ballroom Dances and each group will need to create dance routine for at least 1-2 minutes.

Summary/Synthesis

The five Latin dances are the Samba, Cha-Cha-Cha, Rumba, Paso Doble and Jive. With their heritage in Latin American (Samba, Cha-Cha-Cha, Rumba), Hispanic (Paso Doble) and American (Jive) cultures, they each have their distinguishing traits but coincide in expressiveness, intensity and energy.

References:

- [https://ballroom.union.rpi.edu/dances#:~:text=Rumba%20\(120%2D144%20BPM\),interplay%20between%20man%20and%20lady_](https://ballroom.union.rpi.edu/dances#:~:text=Rumba%20(120%2D144%20BPM),interplay%20between%20man%20and%20lady_) (Time signature and Beats per minutes of ballroom dance)
- https://www.tanssiklubimaster.fi/dancesport#:~:text=The%20five%20Latin%20dances%20are,in%20expressiveness%2C%20intensity%20and%20energy_ (International Latin Dances)
- <https://www.bellaballroom.com/dance-lessons/latin-dance/paso-doble/> (Paso Doble)
- <https://www.bellaballroom.com/dance-lessons/latin-dance/rumba/> (Rumba)

Physical Education and Health 3
SY.2023-2024

Name: _____
Yr and Sec: _____

Date: _____
Teacher: _____

ASSESSMENT- WEEK 9

Test I. TRUE OR FALSE

Instruction: Write **TRUE** if the statement is correct and write **FALSE** if the statement is incorrect.

- _____ 1. Rumba is a spicy swing dance set to big band music in which the man leads and the women encourage more men to ask them to dance.
- _____ 2. Ballroom dance is a partnership dance where couple using step-patterns, move rhythmically, expressing the characteristics of music.
- _____ 3. Rumba is considered to be one of the most beautiful Latin style dances, and the sexiest of the ballroom dances, earning its nickname as "The Dance of Love."
- _____ 4. Cha-Cha is a flirtatious dance can be thought of as a slower mamba. Much of hip movement will be involved.
- _____ 5. The Paso Doble is a passionate dance based on a Spanish bullfight.
- _____ 6. Cha-cha is passionate, energetic, lively and flirtatious. It has 4/4 time signature and 152-176 beats per minute.
- _____ 7. It is danced to music in 2/4 time signature and 96-104 beats per minute.
- _____ 8. Samba may be danced **WITH** or **WITHOUT** partner.
- _____ 9. International Latin Dance Paso Doble has 2/4 time signature and 112-124 beats per minute.
- _____ 10. Jive is usually performed as if it is making fun of all the slothfulness, stiffness and heaviness and has 4/4 time signature and 152-176 beats per minute.