HOPE 3
Quarter 2 – Module 1:
CHEER DANCE

Name of Learner: __________________________

Grade & Section: __________________________

Name of School: __________________________
Cheerdance is coined from the words “cheer”, and “dance.” To cheer is to shout out words or phrases that may help motivate and perform better during a game. While, to Dance is a physical activity where one expresses emotions or gestures while performing bodily movements usually in time and rhythm.

Cheer dancing and cheerleading are physical activities that involve organized routines that feature a combination of dance, tumbling, jumps, cheers, yelling, and stunts. Both are usually performed during sport events to cheer on sport teams and entertain audience. They also performed in stand-alone competitions in which judges evaluate the routine based on set criteria. An individual who performs in cheer dance is called cheer dancer, while a person who performs in a cheerleading is referred to as a cheerleader.

In this module, you are expected to attain the following objective:

1. observe personal safety protocol to avoid dehydration, overexertion, hypo- and hyperthermia during MVPA participation.

(PE12FH-Ik-t-10)
WHAT I KNOW

Directions: Identify the basics of cheer dance each number. Write your answer on a separate sheet of paper.

______1. The most important aspect of both cheer dance and cheerleading.

______2. Cheerleader simply stands and use the movement of his/her arms and the muscles in his/her legs to jump and tumble.

______3. Arms are raised vertical above the shoulders, parallel and straight reaching.

______4. Touchdown except arms are vertical below shoulder.

______5. Arms are down at sides with elbows bent; hands are in front of chest.

______6. Shoulders are relaxed; arms in the shape of large V, straight up reaching diagonal over the shoulder.

______7. Shoulders relaxed; arms are in the shape of a large V, straight down reaching diagonal under shoulders.

______8. Shoulders relaxed; arms straight and horizontal to shoulders and parallel to the ground.

______9. One of the most core skills in gymnastics.

______10. Cheerleaders run or take a couple of steps followed by a power up and then the tumble.

WHAT’S IN

What are the activities you’ve done on your previous lesson? Think about it. How did you feel about the activities? What important did you learn from those activities?

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________
Cheer dance and Cheerleading were considered the same, both share some elements but they are nonetheless different in some aspects. According to JR David, the director of the National Cheerleading Championship, “Cheer dance is more artistic while cheerleading is more technical.” Rhufa Rosario, a respected pep squad coach, explains that cheer dance is more combination of cheerleading and dance that focuses more on dance and different kinds of themes and props. And notes that cheerleading is more in a sport, with dance just as one of its basic elements, the stunts, pyramids, tumbling, and tosses. Cheerleading is to balance the all of the five elements.
### Motions

The most important aspects of both cheer dance and cheerleading are motions. Motions make a routine or dance unique and uniform among squad members. They also make the performance look sharp and clean.

<table>
<thead>
<tr>
<th>Motion</th>
<th>Description</th>
<th>Illustration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touchdown</td>
<td>Arms are raised vertical above the shoulders, parallel and straight reaching up.</td>
<td><img src="https://via.placeholder.com/150" alt="Illustration" /></td>
</tr>
<tr>
<td>Low Touchdown</td>
<td>Touchdown except arms are vertical below the shoulders.</td>
<td><img src="https://via.placeholder.com/150" alt="Illustration" /></td>
</tr>
<tr>
<td>Table top</td>
<td>Arms are down at sides with elbows bent; hands are in front of chest.</td>
<td><img src="https://via.placeholder.com/150" alt="Illustration" /></td>
</tr>
<tr>
<td>High V</td>
<td>Shoulders relaxed; arms in the shape of large V, straight up reaching diagonal over the shoulders.</td>
<td><img src="https://via.placeholder.com/150" alt="Illustration" /></td>
</tr>
<tr>
<td>Low V</td>
<td>Shoulders relaxed; arms are in the shape of a large V, straight down reaching diagonal under shoulders.</td>
<td><img src="https://via.placeholder.com/150" alt="Illustration" /></td>
</tr>
</tbody>
</table>
Jumps

Jumps are often used in cheer dance routines and chants. Jumps draw attention from spectators and when done correctly, they give the performance a certain appearance of difficulty.

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
<th>Illustration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuck Jump</td>
<td>Knees are kept together and brought as close as possible to the chest. Arms are in High V position. Chest is kept straight up and should not lean forward.</td>
<td><img src="image1" alt="Illustration" /></td>
</tr>
<tr>
<td>Spread Eagle</td>
<td>Legs are put in a wide motion while arms are in High V. The body should look like an X if done correctly.</td>
<td><img src="image2" alt="Illustration" /></td>
</tr>
<tr>
<td><strong>Double Hook</strong></td>
<td>Legs must be pulled up and bent or hooked under the body while your arms are in High V.</td>
<td></td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td></td>
</tr>
<tr>
<td><strong>Herkie</strong></td>
<td>One leg is kicked up and kept straight with knee facing upward. One arm is in placed on a hands-on-hips position while the other arm is on the side with the kicked leg in a touched position.</td>
<td></td>
</tr>
</tbody>
</table>

**Tumbling**

Tumbling is one of the core skills in gymnastics. It was then brought to cheer dance further amaze and excite the audience. It is one of the hardest and most dangerous elements of cheer dance. This should not be tried without a spot or spotter, a person who ensures the safety of a cheerleader/cheer dancer when he/she performs dangerous stunts and routines.

- Standing tumbling - a cheerleader/dancer simply stands and uses the movement of his/her arms and the muscles in his/her legs to jump and tumble.
• Running tumbling – gives the cheerleader/dancer more power to demonstrate their tumbling tricks. It is a run or take a couple of steps followed by a power up and then the tumble.

Stunting

Stunt sequences and pyramids are some of the most exciting feats to watch in a cheer dance competition. Most stunts are done by the flyers (usually female) with bases (male lifters) and spotters. It is essential to know the proper execution of the stunts to secure the safety of both flyers and lifters.
Personal Safety Protocol

In creating personal safety protocol, keep these four factors:

1. **Knowledge and awareness.** Recognize possible harmful situations and identify steps to take lessen the risks of accidents.

2. **Ability.** Be realistic in judging your teammates’ abilities and skill level.

3. **State of mind.** Must always be aware of your own and your teammates’ condition. Anyone who is tired, distressed, or under the influence of alcohol and drugs is likely to meet an accident.

4. **Environmental conditions.** One must also consider the environmental hazards that might cause and accident.

It is suggested that during MVPA, members of the team should look into the following guidelines and tips that can help lessen the likelihood of injury.

1. **“No pain, no gain” is just a myth.** Yes, it is true that physical activities require effort, but not to the point that you suffer discomfort.

2. **Warm up and cool down.** Warming up prepares the body for the exercise or activity, while cooling down helps the heart rate and breathing to return to normal level.

3. **Fluid replacement.** Fluid intake helps the body down and replaces the body fluids lost during the activity.

Answer the following questions in sentence/paragraph form.

1. What is the importance of having and observing a personal safety protocol?

2. How can warming up and cooling down help optimize the performance?
Watch a video of a cheerdance practices and performances and observe their personal safety protocol. Answer the following the questions in sentence/paragraph form.

1. What are the safety protocols have been observed?

2. What did they do before and after practice?

3. How did they avoid dehydration, overexertion, hypothermia and hyperthermia?

- URL link / Websites Visited:

- Significant Learning found in your research.
WHAT I HAVE LEARNED

Answer the following questions in sentence/paragraph form.

1. How do you think the difference of cheer dance and cheerleading competitions affect the lives of the young members of the society?

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

2. What are the possible social implications of engaging in cheer dance and cheerleading competitions?

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

3. What important values and character traits can be inculcated in cheerleading and cheer dance participant? Explain.

_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________
_________________________________________________________________________

There are 4 factors in the personal safety protocols, give examples in each factor:

a. Knowledge and awareness

_________________________________________________________________________
_________________________________________________________________________

b. Ability

_________________________________________________________________________
c. State of Mind

___________________________________________________________________________

___________________________________________________________________________

d. Environmental conditions

___________________________________________________________________________

___________________________________________________________________________

WHAT CAN I DO

Take photos of you executing 6 different Cheer dance motion movements and label. If you don’t have a phone camera, you may draw a sample pose and placed it on the box.
Modified True or False. Read the statements carefully. Write **TRUE** if the statement is correct. Write **FALSE** if the statement is incorrect and underline the word or phrase which made the statement incorrect.

1. Stunt sequences and pyramids are some of the most exciting feats to watch in a cheer dance competition.  
2. Cheerleading is coined from the words “cheer”, and “dance.”  
3. Knowledge and awareness is one must also consider the environmental hazards that might cause and accident.  
4. Cheer dance is a small group dance, a narrow facility for conducting practices and holding performances.  
5. Cooling down prepares the body for the exercise or activity.  
6. Low touchdown is a touchdown except arms are vertical below the shoulders.  
7. Cheerleading is to balance the all of the four elements.  
8. Herkie jump, legs must be pulled up and bent or hooked under the body while your arms are in High V.  
9. Cheer dance is more combination of cheerleading and dance.  
10. Fluid intake helps the body down and replaces the body fluids gain during the activity.

**ADDITIONAL ACTIVITY**

Answer the following questions in sentence/paragraph form.

1. How will you make a cheerdance routine in a solo performance? Explain further.
2. Is it possible to make a cheerdance routine with your family in this time of pandemic? How?
ANSWER KEY

Additional Activity

1. False (wets hands first)
2. False (environmental conditions)
3. True
4. False (large group)
5. False (warm up)

Assessment

Answer will vary (situational task)

What I can do

Answer will vary (situational task)

What I have learned

Answer will vary (situational task)

What's more

Answer will vary (situational task)

What's new

Answer will vary (situational task)

What's in

5. Table top
4. Low touchdown
3. Touchdown
2. Standing lunge
1. Aikido

What I know
Region IX: Zamboanga Peninsula Hymn – Our Eden Land

Here the trees and flowers bloom
Here the breezes gently Blow,
Here the birds sing Merrily,
The liberty forever Stays,
Here the Badjaos roam the seas
Here the Samals live in peace
Here the Tausogs thrive so free
With the Yakan in unity

Farewell, dear Fatherland, clime of the sun caress’d
Pearl of the Orient seas, our Eden lost!
Gladly now I go to give thee this faded life’s best,
And were it brighter, fresher, or more blest
Still would I give it thee, nor count the cost.
On the field of battle, ’mid the frenzy of fight,
Others have given their lives, without doubt or heed;
The place matters not-cypress or laurel or lily white,
Scafold or open plain, combat or martyrdom’s plight,
T is ever the same, to serve our home and country’s need.

I die just when I see the dawn break,
Through the gloom of night, to herald the day;
And if color is lacking my blood thou shalt take,
Pour’d out at need for thy dear sake
To die with its crimson the waking ray.

My dreams, when life first opened to me,
My dreams, when the hopes of youth beat high,
Were to see thy lov’d face, O gem of the Orient sea
My dreams, when the hopes of youth beat high
To dye with its crimson the waking ray.

Dream of my life, my living and burning desire,
All hail! cries the soul that is now to take flight;
And perchance thou mayst hear a sad hymn resound
To thy vales and plains I sweep;
The touch of thy tenderness, thy breath’s warm power.

Let the sun draw the vapors up to the sky,
And heavenward in purity bear my tardy protest
Let some kind soul o’er my untimely fate sigh,
And in the still evening a prayer be lifted on high
From thee, O my country, that in God I may rest.

Pray for all those that hapless have died,
For all who have suffered the unmeasur’d pain;
For our mothers that bitterly their woes have cried,
From globe and grief, from care and sorrow free;
And then for thyself that redemption thou mayst gain

And when the dark night wraps the graveyard around
With only the dead in their vigil to see
Break not my repose or the mystic profound
And perchance thou mayst hear a sad hymn resound
’T is I, O my country, raising a song unto thee.

And even my grave is remembered no more
Unmark’d by never a cross nor a stone
Let the plow sweep through it, the spade turn it o’er
That my ashes may carpet earthly floor,
Before into nothingness at last they are blown.

Then will oblivion bring to me no care
As over thy vales and plains I sweep;
With color and light, with song and lament I fare,
Every valley and Dale
Then will oblivion bring to me no care.

My Fatherland ador’d, that sadness to my sorrow lends
That I may prove worthy of my inheritance
I shall give the pledge
My Fatherland ador’d, that sadness to my sorrow lends
Ever repeating the faith that I keep.

My Final Farewell

I am a Filipino, by Carlos P. Romulo

I am a Filipino— inheritor of a glorious past, hostage to the uncertain future. As such I must prove equal to a two-fold task–the task of meeting my responsibility to the past, and the task of performing my obligation to the future.

I sprang from a hardy race, child many generations removed of ancient Malayan pioneers. Across the centuries the memory comes rushing back to me: of brown-skinned men putting out to sea in ships that were as frail as their hearts were stout. Over the sea I see them come, borne upon the billowing wave and the whistling wind, carried upon the mighty swell of hope–hope in the free abundance of new land that was to be their home and their children’s forever.

I am a Filipino. In my blood runs the immortal seed of heroes–seed that flowered down the centuries in deeds of courage and defiance. In my veins yet pulses the same hot blood that sent Lapulapu to battle against the first invader of this land, that served Lakandula in the combat against the alien foe, that drove Diego Silang and Dagohoy into rebellion against the foreign oppressor.

The seed I bear within me is an immortal seed. It is the mark of my manhood, the symbol of dignity as a human being. Like the seeds that were once buried in the tomb of Tutankhamen many thousand years ago, it shall grow and flower and bear fruit again. It is the insignia of my race, and my generation is but a stage in the unending search of my people for freedom and happiness.

I am a Filipino, child of the marriage of the East and the West. The East, with its languor and mysticism, its passivity and endurance, was my mother, and my sire was the West that came thundering across the seas with the Cross and Sword and the Machine. I am of the East, an eager participant in its spirit, and in its struggles for liberation from the imperialist yoke. But I also know that the East must awake from its centuried sleep, shake off the lethargy that has bound his limbs, and start moving where destiny awaits.

I am a Filipino, and this is my inheritance. What pledge shall I give that I may prove worthy of my inheritance? I shall give the pledge that has come ringing down the corridors of the centuries, and it shall be compounded of the joyous cries of my Malayan forebears when first they saw the contours of this land loom before their eyes, of the battle cries that have resounded in every field of combat from Mactan to Tirad Pass, of the voices of my people when they sing: “I am a Filipino born to freedom, and I shall not rest until freedom shall have been added unto my inheritance—for myself and my children and my children’s children—forever.”