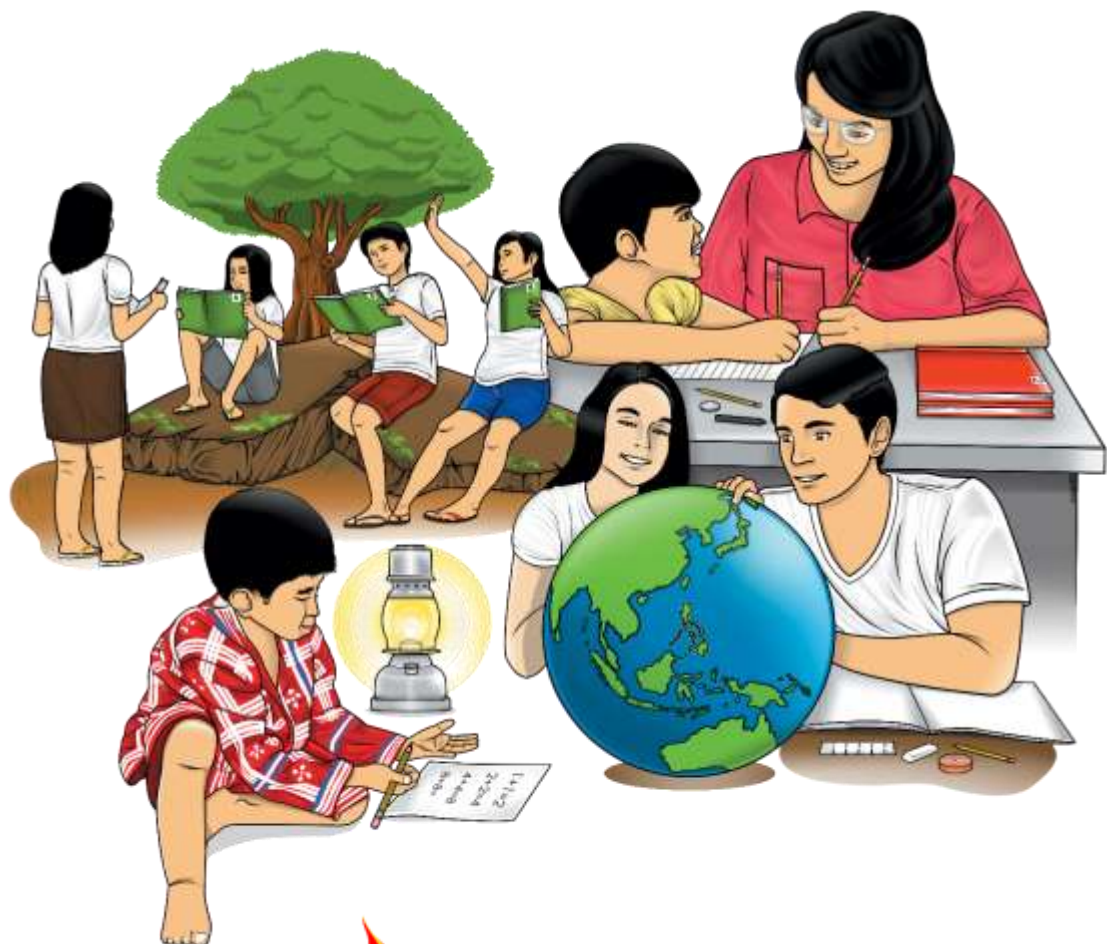


Physical Education

Fourth Quarter – Module 1

Cheerdance



**Physical Education- Grade 10
Alternative Delivery Mode
Fourth Quarter – Module 1: Cheerdance
First Edition, 2020**

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Physical Education

Fourth Quarter – Module 1

Cheerdance

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



What I Need to Know

Cheer Stunts and Cheerleading Moves

This module was specifically developed with you in mind. Its aim is to assist you in understanding the concepts, principles and implementation of physical fitness. The terminology used takes into account the students' various levels of vocabulary. The lessons are arranged to follow the standard sequence of the course.

The module is divided into four lessons, namely:

- Cheerleaders' Nutritional Needs
- Basic Cheer Motions
- Let's Groove it!

After going through this module, you are expected to:

- assess physical activity, exercise and eating habits; **PE10pf-IVah-39**; and
- engage in moderate to vigorous physical activities for at least 60 minutes a day in and out of school. **PE10pf-IVch-45**.



What I Know

When it comes to cheerleading, many boys and girls make the error of purposefully not nourishing themselves in order to seem slim and small in the cheerleading uniform.

Not every member of the squad has the potential to be the "fly" to be tossed into the air. The majority of the boys and girls are responsible for tossing and receiving. And if you're going to throw a whole person, you'd better be powerful and well-fed.

Directions: In the first column, identify the foods that must be used in a cheer dancer's diet in order to meet their strength requirements. The next column lists the nutrients, vitamins, and minerals that the food contains. Your comment should be written on a different sheet of paper.

Suggested Food	Nutrients/Vitamins/Minerals
For Breakfast •	
Lunch •	
Dinner •	

Lesson

1

Cheerleaders' Nutritional Needs



A pleasant day! What is your favorite food? Let us see if these are good for you as prospective cheerleaders.



What's In

Activity 1: Eat, Drink and Love

Directions: Fill in the first column with various types of food that you like eating. Examine whether or not your favourite diet is appropriate for a cheerleader. If it is recommendable, mark the second column with a check (✓) mark, and mark the third column with a check (✓) mark if it is not. In the last column, propose an alternative food and explain why you think it's a good idea or why you recommend them. Use a separate sheet of paper for your answer.

Favorite Food	Recommendable	Not recommendable	Suggested Alternative Food and Why

Cheerleading requires a lot of endurance, and the foods you consume are crucial to staying energized during practice and sports. Choosing nutrient-dense foods gives your body the stamina it needs to train, and perform your exercises effectively during game time. While maintaining a healthy body weight is essential, you still need a certain amount of calories from specific foods to keep your energy levels up.

What Cheerleaders Need:

Kinds of food	Nutritional content/value	Effects
<p>Carbohydrates</p> <ul style="list-style-type: none"> • Bananas • Whole Wheat Bread • Brown Rice • Potatoes • Yogurt 	<p>Along with potassium, bananas contain some vitamin C, folate, magnesium, and choline.</p> <p>Most whole wheat breads contain small amounts (under 10% RDI) of iron, potassium, and B vitamins thiamin, riboflavin, niacin, and folate. If a recipe includes salt, the bread will also contain sodium.</p> <p>Brown rice has several bran layers full of valuable vitamins, minerals and phytochemicals. Among these are B vitamins, fiber, essential amino acids, flavonoids, minerals, and antioxidant compounds.</p> <p>Potatoes provide many vitamins and minerals, including vitamin C, vitamin B6, and potassium.</p> <p>Contains a lot of calcium, a mineral necessary for healthy teeth and bones. It is also high in B vitamins, particularly vitamin B12 and riboflavin, both of which may protect against heart disease.</p>	<p>Carbohydrates are the main source of energy and if you don't eat enough, then you'll get tired and feel fatigued more quickly.</p>
<p>Protein</p> <ul style="list-style-type: none"> • Lean meats (beef, pork) • Fish and seafood (fish, prawns, crab, lobster, mussels) 	<p>Meat is an excellent source of various vitamins and minerals. These include vitamin B12, zinc, selenium, iron, niacin, and vitamin B6.</p> <p>Seafood provides essential nutrients to the body. These include vitamins A, B, and D, as well as omega-3 fatty acids.</p>	<p>Your body needs protein to rebuild and repair your muscles which is essential for cheerleaders who put in several hours of conditioning.</p>

<ul style="list-style-type: none"> • Eggs • Legumes and beans (all beans) 	<p>Eggs provide important vitamins and minerals. They contain vitamin D (important for the absorption of calcium), phosphorus, vitamin A (for healthy vision, skin, and cell growth), and two B-complex vitamins that your body needs to convert food into energy.</p> <p>Beans provide protein, fiber, folate, iron, potassium and magnesium</p>	
<p style="text-align: center;">Fats</p> <ul style="list-style-type: none"> • Salmon • Avocado • Macadamia nuts 	<p>Salmon provides vitamin A and multiple B-vitamins. It is one of the few natural food sources of vitamin D. It is also rich in several minerals including magnesium, potassium, phosphorus, zinc, and selenium.</p> <p>A whole avocado is a good source of vitamin K, vitamin C, folate, vitamin E, riboflavin, niacin, and pantothenic acid.</p> <p>Macadamia nuts are a good source of the B vitamin thiamin and a very good source of manganese.</p>	<p>These good fats help fill up your body, making you feel fuller faster. It plays a crucial role in joint structure, cell membrane repair, and muscle growth.</p>
<p style="text-align: center;">Micronutrients</p> <ul style="list-style-type: none"> • table salt (sodium) • Soybeans (calcium) 	<p>Salt is a mineral made from the combined elements of sodium and chlorine.</p> <p>Soybeans are rich in calcium, potassium, folate, magnesium, and thiamin.</p>	<p>Sodium is an electrolyte that helps your muscles contract for movement, improves your body hydration, and maintains your blood volume for good circulation.</p> <p>Calcium is for strengthening your bones for better and safe pro cheer stunt executions. Overall, calcium increases your strength capacity and brain to muscle coordination.</p>

What Cheerleaders must avoid:

Kinds of food	Effects
<p style="text-align: center;">High-fat</p> <ul style="list-style-type: none"> • French fries • Potato chips • Hot dogs • Candy bars/ • Doughnuts 	<ul style="list-style-type: none"> • These foods will take longer to digest and may cause stomach discomfort. • They may not provide you with enough energy during practice or competition.
<p style="text-align: center;">Carbonated Beverages</p> <ul style="list-style-type: none"> • Soda • Beer 	<ul style="list-style-type: none"> • They may cause stomach discomfort during practice or competition.
<p style="text-align: center;">High-fiber</p> <ul style="list-style-type: none"> • Bran muffins 	<ul style="list-style-type: none"> • They may cause gas and stomach discomfort.



What is It

Cheerleading involves performing routines which include aspects of dance, gymnastics and acrobatics such as tumbling, stunting and jumping. In each of these sports, the training intensity and frequency depends on the individual with some practicing weekly and others all day, every day. Training can consist of strength, flexibility and skill work and in some cases, repeated practice of skills or set choreographed routines. A focus on good nutrition is essential to help gymnasts, dancers and cheerleaders achieve the ideal body composition as well as ensuring they have adequate energy to support growth and fuel training.

Strength-training workouts are great for building muscle strength and endurance, but your muscles also need proper nutrition. Just like your bones need vitamin D and calcium, your muscles need protein to stay strong and healthy.

Best sources of protein are:

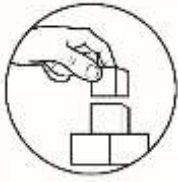
- **Lean meats.** A big, juicy steak may sound delicious, but if you're trying to get the most out of your meat, stick to chicken, pork and lean cuts of red meat.
- **Fish.** Salmon is an excellent source of lean protein, and you'll get the dual benefit of strengthening both your bones and your muscles when you have salmon for dinner!

- **Eggs.** A breakfast without eggs really isn't breakfast at all. And although you can cut calories by eating the whites only, the yolk is the source of everything that's good for you in eggs, including calcium and protein.
- **Nut butter.** Peanut butter and almond butter are great when you need a protein-powered snack on the go. Slice up an apple and spread on your favorite nut butter for a simple, yet delicious, snack.

Additional Micronutrients/ Supplements/ Vitamins Needed by Cheerleaders

VITAMIN	FUNCTION IN THE BODY
Vitamin A	Needed for healthy eyes, bones, skin, immune system, acts as an antioxidant
Vitamin D	Helps calcium and phosphorus to absorb and helps the immune system
Vitamin C	Needed to make collagen, helps the immune system, acts as an antioxidant
Vitamin E	Antioxidant, vital for smooth muscle development and nerve functions
Vitamin K	Needed for the blood clotting cascade and for bone metabolism
B1: Thiamine	Coenzyme used in the production of ATP (the body's energy source)
B2: Riboflavin	Acts as a coenzyme for many different enzymes and vital for energy production
B3: Niacin	Helps convert carbs into energy and increase good cholesterol
B5: Pantothenate	Important in energy metabolism and the synthesis of fatty acid and cholesterol
B6: Pyridoxine	Helps balance sodium and potassium, promotes red blood cell production
B7: Biotin	Needed for fatty acid synthesis and the breakdown of amino acids
B9: Folic Acid	Needed for making and maintaining new cells and DNA
B12: Cobalamins	Required for healthy nerves, red blood cells and DNA synthesis

<https://brightoncompounding.com/list-of-vitamins-and-supplements/>



What I Have Learned

Activity 3: Eat Right and Light

Directions: Write down examples of food with the following macronutrients and micronutrients given below. List down as many as you can. Use a separate sheet of paper for your answers.

Macronutrient/ Micronutrient	Food
1. Vitamin C	
2. Folic Acid	
3. Protein	
4. Fats	
5. Iodine	

Wrap Up

Remember

Your nutrition requirements as a cheerleader will vary depending on your training demands. Whatever your level, the first priority is to eat a wide variety of healthy foods to boost your immune system and help cells and organs do their jobs.

Lesson

2

Basic Cheer Motions



Hi! How are you? Today, we will learn some basic cheer motions. Are you ready?



What's New

Here are some warm-ups you can do before doing the basic cheer motions. Observe proper posture and correct execution.







Activity 4- Warm up Exercises (Part 1)

Building Leg Strength

Walking lunges

- Take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle.
- Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side.



<p style="text-align: center;">Squats</p> <ul style="list-style-type: none"> • Stand with feet a little wider than hip width, toes facing front. • Drive your hips back—bending at the knees and ankles and pressing your knees slightly open—as you... • Sit into a squat position while still keeping your heels and toes on the ground, chest up and shoulders back. • Strive to eventually reach parallel, meaning knees are bent to a 90-degree angle. • Press into your heels and straighten your legs to return to a standing upright position. 	
<p>Calf Raises</p> <ul style="list-style-type: none"> • Hold weights of the same size at your sides with your arms slack. • Slowly raise your heels, Pause for one second. • Slowly lower your heels back to the ground. 	
Upper Body Strength	
<p>Push ups</p> <ul style="list-style-type: none"> • Get down on all fours, placing your hands slightly wider than your shoulders. • Straighten your arms and legs. • Lower your body until your chest nearly touches the floor. • Pause, then push yourself back up. • Repeat. 	 
<p>Pull ups</p> <ul style="list-style-type: none"> • Engaging the muscles in your arms and back, bend your elbows and raise your upper body up toward the bar until your chin is over the bar. 	 

Inclined push-ups

- Stand in front of your box or bench, then squat or bend down and place both hands on either side of it with your fingers pointing forward. Your hands should be about shoulder-width apart.
- Once your hands are in the right position, step your body back into a plank position, one leg at a time. Make sure your body is in a straight line, your head is aligned with your spine, and that your lower back isn't sagging before continuing.
- Next, bend your arms to help you slowly lower your chest toward the box. Straighten your arms to bring yourself back up into a straight line.



Cardiovascular Endurance

Jogging in Place

- Pump your arms as you jog. The more you move your body, the more calories you'll burn as you work out. Engaging your arms is an effective way to up the burn.
- Lift your knees higher to increase your heart rate. If you want to really get your heart pumping, you can bring your knees up high — your thighs should be parallel with the ground.
- Increase your speed as well. The faster you jog in place, the more intense your workout will be.



What is It

Cheerdance is from the words, cheer and dance. To cheer is to shout out words or phrases that may help motivate and boost the morale of a playing team and perform during a game. Dance, on the other hand, is a physical activity where one expresses emotions or gestures while performing bodily movements usually in time with rhythm. **Cheerdancing** originated from cheerleading which is the performance of a routine, usually dominated by gymnastic skills such as jumps, tumbling skills, lifts and tosses combined with shouting of cheers and yells to lead the crowd to cheer for a certain team during a game or sports activity. It originated in the United States.

Health Benefits of Cheerdance

Cheerdancing is an enjoyable activity that requires a lot of concentration, trainings, dedication and passion. Youth who get involved in cheerdancing are poised to grow up with many advantages, including:

- ✓ Healthy level of fitness
- ✓ Strength Training
- ✓ Coordination
- ✓ Flexibility
- ✓ Improved posture
- ✓ Team building
- ✓ Confidence
- ✓ Knowledge in following directions
- ✓ Setting personal goals
- ✓ Better relationships with fellow team members

Cheerdancing shares many of the same types of injuries seen in other combative sports. However, the risk of injury can be reduced. The following is an information from the American Academy of Pediatrics (AAP) on how to prevent cheerleading injuries. Also included is an overview of common cheerdance injuries.

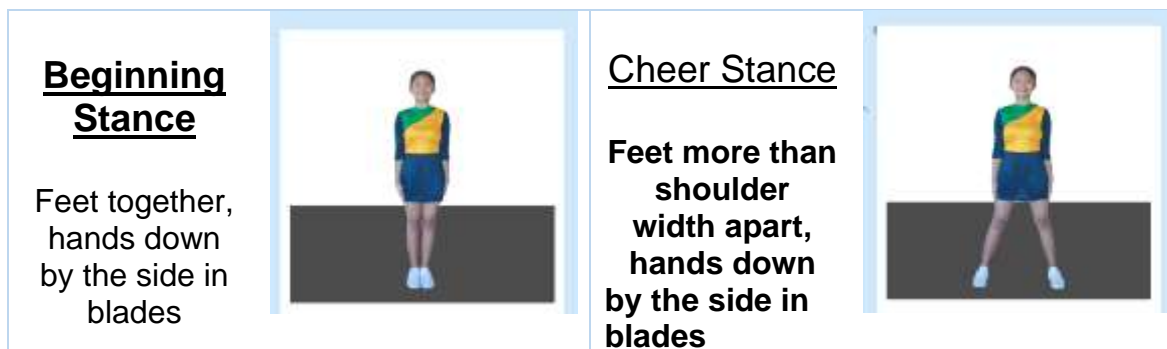
Injury Prevention and Safety Tips

Equipment. It is recommended to use mats and even surfaces when learning new skills in cheerdance.

Fitness. Dancers should maintain a good fitness level. Proper warm-up and cool-down exercises should be observed during and after the activity.

The basics of cheer motions are simple but important to learn. Perfecting the proper technique of simple cheer motions will not only allow you to progress to more-advanced skills, but also to ensure that you are safe while doing the activity.

Activity 6 – Basic Cheer Motions



Low V

Arms extended down forming a “V”



High V

Arms extended up forming a “V”, relax the shoulders



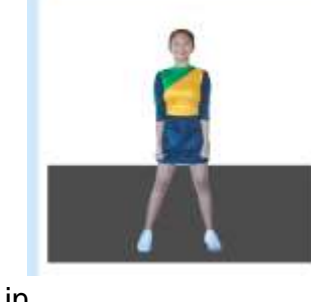
Touchdown

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



Clasp

Hands clasped at the chin, elbows in



Clap

Hands in blades at the chin, elbows in



Tabletop

Arms bent at elbow, fists in front of shoulders



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



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



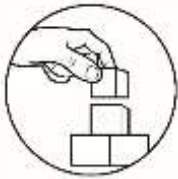
Side Lunge

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



What's More

Directions: Read and analyze the letters to form words related to basic cheer motions. Use any writing instrument to loop the word either diagonal, horizontal or vertical. Use lots of different colors to make your words easier to count when you finish. Use a separate sheet of paper for your answers.

S	I	D	E	L	U	N	G	E	H
T	A	B	L	E	T	O	P	A	A
B	L	M	O	T	I	O	N	N	L
C	D	P	U	N	C	H	B	B	F
E	H	B	K	J	M	A	K	X	T
G	T	O	U	C	H	D	O	W	N
F	R	O	N	T	L	U	N	G	E
D	D	E	L	A	Z	C	L	A	P
H	C	K	D	W	B	A	H	S	A
U	L	L	B	U	N	H	I	O	E
I	A	A	E	O	I	W	G	L	Y
O	S	Q	G	K	P	T	H	R	Z
L	P	A	M	W	L	D	V	F	B
P	I	L	O	W	C	L	A	S	P
D	R	T	M	O	T	I	O	N	V

Lesson

3

Cheer Stunts and Cheerleading Moves




I guess you're now ready to work on cheer stunts and simple cheerleading moves. Here we go! Let's hit the floor!



What's In

Before you do some cheer stunts and cheerleading moves, think about warming up your muscles like you would warm up a car. It increases the temperature and flexibility of your muscles, and helps you be more efficient and safer in doing different types of physical activity. A warm-up before moderate- or vigorous-intensity aerobic activity allows a gradual increase in heart rate and breathing at the start of the activity.

Activity 5- Warm up Exercises (Part 2)

Building Leg Strength	
<p>Squats</p> <ul style="list-style-type: none">• Stand with feet a little wider than hip width, toes facing front.• Drive your hips back—bending at the knees and ankles and pressing your knees slightly open—as you...• Sit into a squat position while still keeping your heels and toes on the ground, chest up and shoulders back.• Strive to eventually reach parallel, meaning knees are bent to a 90-degree angle.	
Upper Body Strength	

Push ups

- Get down on all fours, placing your hands slightly wider than your shoulders.
- Straighten your arms and legs.
- Lower your body until your chest nearly touches the floor.
- Pause, then push yourself back up.
- Repeat.



Cardiovascular Endurance

Jogging in Place

- Pump your arms as you jog. The more you move your body, the more calories you'll burn as you work out. Engaging your arms is an effective way to up the burn.
- Lift your knees higher to increase your heart rate. If you want to really get your heart pumping, you can bring your knees up high — your thighs should be parallel with the ground.
- Increase your speed as well. The faster you jog in place, the more intense your workout will be.



What is It

A. Cheerleading Beginning Chants

To begin, chants are cheers are essential parts of cheerleading as they: get the crowd excited, motivate your team and get the crowd involved in the game. For example, if your team is losing, you can do a cheer or chant to boost the player's spirit and help motivate them to a victory. There are millions of different cheers and chants out there for various occasions and sports. For example, there are specific cheers and chants for football, basketball and wrestling. Remember, the fundamentals for doing cheers and chants apply to all sports.





Now it's time to learn the difference between a cheer and a chant:




- **Chant:** A chant is usually very short and you repeat it 3 or more times.
- **Cheer:** A cheer is longer than a chant is done only 1 time through.

Now, let's break down the types of cheers and chants:

- **Offence:** An “offense” chant is one that talks about scoring and is used in a sporting event. You use this type of chant when your team has the ball. Here is a sample offense chant:
“We’ve got the ball, we’ve got the ball, let’s score 6!”
- **Defense:** A “defense” chant is one that talks about taking the ball away from the other team. You use this chant when your team does not have the ball. Here is a defense chant example:
“T A K E take that ball away.”
- **Spirit / General Chant:** The spirit or general chant is one you can use anytime like:
“Let’s go Bears!”

B. INDIVIDUAL STUNTS

Cheer Jumps	
<p>Pencil Jump</p> <ul style="list-style-type: none"> ▪ Straighten your legs as you push into the air for a basic pencil jump. ▪ Extend your legs and launch yourself off the ground to jump. ▪ Keep your legs glued together and your knees straight, pointing your toes in the air. ▪ Swing your straight arms into a T-position as you jump. 	
<p>Tuck Jump</p> <ul style="list-style-type: none"> ▪ Bring your knees up to your chest, do not kick your legs behind you. The best way to feel what a proper Tuck jump is like is to practice on the ground as shown in the photos below. Keep your knees together ▪ Keep your back straight ▪ Land with your feet together. 	
<p>Spread Eagle</p> <ul style="list-style-type: none"> ▪ Your legs are apart with your knees facing forward (compared to the Toe Touch when your knees are facing up). ▪ Keep your legs directly beside you. Your toes should be pointed toward the ground. ▪ Your arms are in a High "V" motion. ▪ Keep your back straight and head up - do not lean forward. ▪ Land with your feet together. 	
<p>Hurdler</p> <ul style="list-style-type: none"> ▪ Arms are in a High Touchdown Motion. ▪ Point your toes. 	

<ul style="list-style-type: none"> ▪ Land with your feet together. ▪ This jump is usually performed with the cheerleader positioned on an angle so you can see the jump. 	
<p>Pike Jump</p> <ul style="list-style-type: none"> ▪ Keep your legs together and reach for your toes. ▪ Point your toes. ▪ Bring your legs up to your arms, do not reach down for them. ▪ The goal is to reach past your toes. ▪ Land with your feet together. 	
<p>Toe Touch</p> <ul style="list-style-type: none"> ▪ Keep your head and chest up. ▪ Bring your legs up to you. ▪ Reach for your heels - not your toes. ▪ Land with your feet together. 	
Floor Stunts	
<p>Cart Wheel</p> <ul style="list-style-type: none"> ▪ To start your lunge, put your dominant leg in front and bend it slightly. Your back leg should be straight. Your arms should be straight above your head, near your ears. ▪ Put your hands on the ground with your hands turned 90 degrees. ▪ Kick your feet over your head one at a time. The foot that kicks first should land first. ▪ Land in a lunge facing the opposite direction you started from. Your arms should be over your head near your ears. Your front leg should be slightly bent, and your back leg should be straight. 	

Forward Roll

- Place your feet together and bend your knees so that you're squatting. Place your hands on the ground in front of you with your elbows bent. Your hands should be evenly spaced at shoulder width.
- Be sure to tuck in your chin. As you move into the roll, you don't want to place weight on your neck - it should move directly onto your upper back.
- Push over onto your upper back, so that your body rolls forward and your hips are pushed over your head. Follow the curve of your spine as you roll. Keep your back curved and keep your hands in position.
- Throughout the roll, your legs should stay straight and your toes pointed. Bend your legs only at the end of the roll, when it's time to stand up.



C. CHEER STUNTS FOR BEGINNERS

Pony Sit or Pony mount

- Make sure your base has their arms locked at all times and head up.
- The Flyer should sit on the lower part of the base's back; if you sit too high, you could hurt your base.
- The Spotter should hold the Flyer at her waist at all times.
- The Spotter should help the Flyer get up and dismount.



Double Thigh

- Stand Make sure your Bases have deep lunges for the Flyer to stand on.
- Make sure the Flyer steps in the "pockets" of the Bases, not on their legs.
- The Flyer should start with her right foot first and climb using the "Step, Lock, Tighten" Method.
- Have the base hold the flyer's legs by wrapping their arms around the flyer's knees



Hanging Stag

- Make sure the Flyer keeps her arms tight in the "T" motion.
- Make sure the Bases keep their arms in a High Touchdown motion.



L-Sit & L-Stand

- Make sure the Base does a deep side lunge for the Flyer to sit on.
- Make sure the Flyer points her toes and the Base catches her leg on her calf or ankle.



Shoulder Sit

- The Base should always hold the thighs of the Flyer until the Back Spot calls for the release.
- The Base should always hold the thighs of the Flyer until the Back Spot calls for the release.



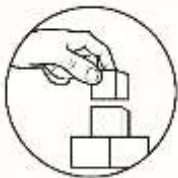


What I Have Learned

The idea of having them combined the cheer motions with some basic stunts without accompanying music yet is a good activity.

Directions: Choreograph a simple combination of cheer motions and some basic stunts using any available video recording gadgets to record your performance. Consider smooth flow, mastery of the stunts, and cheer motions during the activity.

Performance Skills	Above Average 10	Average 8	Below Average 4
Cheer Motions and Basic Stunts	Performed with sharp/precise motions and naturally rhythmic body movements.	Performed with sharp motions and rote body movements.	Performed with sloppy/loose motions and poor body movements.
Smile/Facials	Smiles throughout the entire performance. Makes eye contact with the camera all of the time.	Smiles during the majority of the performance. Makes eye contact with the camera most of the time.	Smiles during some moments of the performance. Rarely makes eye contact with the camera.



What's More

Here are some of the cooldown exercises that you can do. Breathe deeply while cooling down to deliver oxygen to your muscles, release tension, and promote relaxation. You may or may not use any music for your cooldown exercise.

1. Light jogging or walking. This is one of the most straightforward ways to cool down. Do it for 1 minute.



2. **Side Arm Stretch.** Cross one arm in front of your body. Take your other arm and fold it up so it's hugging your elbow. Hold, then switch arms.



2. **Standing quadriceps stretch.** From a standing position, bend your right knee to bring your heel toward your buttock. Hold your ankle with one or both hands. Keep your knees in alignment next to each other, and don't pull your knee out to the side. Hold this position for 30 seconds. Repeat on the opposite side. Do each side 2 to 3 times.



3. **Body Shake.** Gently shake your right arm, then your left arm, and then both arms at the same time. Then, shake your right leg, then your left leg. Next, shake your head, your hips, and your whole body. Shake each body part for 15 seconds.



Lesson

4

Let's Groove it!



You've gone through all the basics but do you want more? Presenting to you is a simple cheerdance choreography. Join me and Let's groove it.



What is It

After you have learned the basics, have the courage to learn and try a choreographed routine. The secret of being a good cheerleader is perseverance. Some people may be a naturally born dancer but it is only those with true determination to make it happen will succeed.

FIGURE 1



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8

FIGURE 2



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8

FIGURE 3



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8

FIGURE 4



Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



Step 8

FIGURE 5



Step 1



Step 2



Step 3



Step 4



What I Have Learned

Directions: Answer the following questions. Use a separate sheet of paper for your answer.

1. Why is there a need to perform warm-up exercises before cheer dancing?

2. Will you recommend cheer dancing as a form of physical activity to develop one's fitness level? Why?

3. Make a short reflection on your experience trying to do cheer dancing. What insights and learnings did you get out of the entire lesson?



Assessment

Now that you already know the basic cheer motions and stunts, you should be ready in executing them on your own with your choice of cheerdance music. Choreograph your own five-figure routine. Take a camera, tablet, android phone or the likes if available. (If not, you may ask help from your facilitator or friend) to record your performance. Base your performance on the criteria given below.

Criteria	Excellent 10	Very Good 8	Good 4
Routine Composition	Most of the routine choreography demonstrated excellent use of innovative/unique/visual transitions	A majority of the routine choreography demonstrated excellent use of innovative/unique/visual transitions	Less than a majority of the routine choreography demonstrated excellent use of innovative/unique/visual transitions.
Performance	Most perform with above average level of energy, excitement, and genuine enthusiasm.	Majority perform with average to high levels of energy, excitement, and genuine enthusiasm.	Little to no showmanship, energy, excitement, enthusiasm.
Dance	Multiple transitions, level changes and variety of elements in dance along with high energy.	Minimal transition and level changes; little variety, footwork/floorwork in dance; average energy.	Little to no transitions and/or level changes; low energy.

Wrap Up

Remember

Cheerleading is physically demanding; it can be tougher than some varsity sports. That is because cheerleaders must be as strong and flexible as gymnasts, as graceful as dancers, and have the lung capacity of runners.

The skills you learned from basic cheer motions and stunts and also the needed nutrition of the body will not only carry with you throughout your lifetime but will help shape who you are or what you become.



Answer Key

Lesson 1:
What I Have Learned:
 Possible Answers:

Vitamin C
 Broccoli, Brussels sprouts, and cauliflower, Green and red peppers, Spinach, cabbage, turnip greens, and other leafy greens, Sweet and white potatoes, Tomatoes and tomato juice, Winter squash

Folic Acid
 Eggs, Leafy greens, Beets, Citrus fruits, Brussels sprouts, Broccoli

Protein
 lean chicken, lean pork, fish, lean beef, tofu, beans, lentils, low-fat yogurt, milk, cheese, seeds, nuts, and eggs.

Fats
 Avocados, Cheese, Dark Chocolate, Whole Eggs, Fatty Fish, Nuts, Chia Seeds, Extra Virgin Olive Oil

Iodine
 Fish (such as cod and tuna), seaweed, shrimp, and other seafood, Dairy products (such as milk, yogurt, and cheese)

Lesson 2:
What's More
 Short A Word Hunt

Diagonal
 Side Lunge
 Horizontal
 Diagonal
 Side Lunge
 Tabletop
 L Motion
 Punch
 Touchdown
 Front Lunge
 Clap
 Low Clasp
 T Motion
 Vertical
 High V
 Clasp
 Half T

Lesson 4:
What I Have Learned
 Answers may vary

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