

Angeles City Science High School  
MAPEH 10

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Section: 10-Hawking

**Let us Appreciate (Isapuso Mo)**

**Activity No. 3 - Frame Me a Picture!**

**Instructions:**

1. Wear exercise clothing and perform stretching exercises before doing the activity.
2. Ask one of your family members to take a picture of you while doing the said cheerdance position and paste it on the boxes provided.

				
Side Lunge	High V	Front Lunge	Clap	Cheer Stance
				
Overhead Clasp	Touch down	Low Clasp	L Motion	Punch