

Angeles City Science High School
MAPEH 10

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Section: 10-Hawking

Let us Practice (Pagsanayan Mo)

Activity No. 1 - Choose Me

Encircle the letter of the correct answer.

- ___ D ___ 1. Who is the most important person in stunt?
- ___ A ___ 2. What is the job of a Main base?
- ___ D ___ 3. What is the job of the backspot?
- ___ D ___ 4. If you drop a stunt what is the most important to do?
- ___ A ___ 5. What is the person called who is on the top of stunts?
- ___ C ___ 6. Another name for a straddle jump is a ___
- ___ C ___ 7. Which of the following is considered a tumbling basic?
- ___ B ___ 8. Which of the following is NOT used in cheerleading as a prop?
- ___ B ___ 9. What is a chant?
- ___ C ___ 10. A cartwheel without hands touching the floor or ground is called _____

Let Us Remember (Pagsanayan Mo)

Activity 2 - Cheer and Match!

Directions: Match column A with Column B

A	B
___ <u>J</u> ___ 1. L Motion	A. Arms extended up forming a "V", relax the shoulders.
___ <u>I</u> ___ 2. Tabletop	B. Feet more than shoulder width apart, hands down by the sides in blades.
___ <u>H</u> ___ 3. Low-V	C. Both arms are extended straight out to the side and parallel to the ground, relax the shoulders.
___ <u>G</u> ___ 4. Punch	D. Feet together, hands down by side in blades.
___ <u>F</u> ___ 5. Clasp	E. Hands in blades, at the chin, elbows in.
___ <u>E</u> ___ 6. Clap	F. Hands clasped, at the chin, elbows in.
___ <u>D</u> ___ 7. Beginning Stance	G. One arm extended straight up, one arm on hip, in fist.
___ <u>A</u> ___ 8. High-V	H. Arms extended down forming a "V".
___ <u>B</u> ___ 9. Cheer Stance	I. Arms bent at elbow, fists in front of shoulders.
___ <u>C</u> ___ 10. T Motion	J. One arm extended to the side with other arm.