

HEALTH OPTIMIZING PHYSICAL EDUCATION DEPARTMENT

SUBJECT

MODULE NO.

TITLE

PHYSICAL EDUCATION 3

5

Cheerdance

LEARNING OBJECTIVES

At the end of the lesson, students should be able to:

1. classify the basic elements of cheerdance and basic cheerleading motions and
2. perform varied activities suited in cheerdance.

INTRODUCTION

Cheerdance is relatively new in the field of sports and dance as it has only emerged during the early 1990s as part of the cheerleading events. It is one of the categories in International Cheerleading Competition that focuses on dance techniques basic elements of cheerleading, excluding stunts and advance gymnastic skills. The performers are cheerleaders and not just dancers per se.

CONTENT

CHEERDANCE

- It is coined from the words cheer and dance.
- To cheer is to shout out words or phrases that may motivate the team to perform better during a game.
- Dance is a physical activity where one expresses emotions or gestures while performing bodily movements usually in time with rhythm.



CHEERLEADING

- It is an activity in which the participants, cheerleaders, cheer for their team as a form of encouragement. It can range from chanting slogans to intense physical activities.

- It can be performed to motivate sports teams, to entertain the audience, or to compete.
- Competitive routines typically range anywhere from one to three minutes, and contain components of tumbling, dance, jumps, cheers, and stunting.

DIFFERENCES OF CHEERLEADING AND CHEER DANCING

- Cheerdancing is rooted from cheerleading.
- Cheerleading was developed in the United States of America. Did you know that the Philippines developed Cheerdancing?
- Cheerdancing in the elementary, high School and college levels has always been the opening of intramurals or any sports event.
- Salvo is used for intramurals in different campuses in the Philippines. The difference between cheerleading and cheerdancing is that the former has its foundation in gymnastics while the latter lies its choreography where ballet seems to be its foundation.

ELEMENTS OF CHEERDANCE ROUTINE

☞ Cheerdance contains dance techniques, basic elements of cheer, and basic gymnastics skills.

1. Dance Techniques

- Depending on the competition requirements; thus, various dance techniques may be used in a cheer dance competition.
- Some squads prefer contemporary dance techniques while others incorporate several techniques such as jazz, hip-hop, modern dance, contemporary ballet, and ethnic or folk dance. However, cheerleading style dance tends to be more rigid and sharper compared to contemporary or pop culture dance styles (Carrier and Mckay, 2006).

2. Elements of Cheer

- Cheers are coordination of organized words and movements relating to an athletic event.
- These are used during a sport event when plays have been stopped on the field or court.

- The purpose is to draw a unified response of the crowd to highlight its support for the playing team.

3. Basic gymnastics skills

- Cheerdance incorporates simple gymnastic skills such as jumps and tumbling to add to the thrill of the game and the effect of a routine. Also, these help cheerleaders to develop a higher spirit level and to enhance crowd motivation.

A. Jumps - Jumping requires stamina, strength, and flexibility. They greatly improve every area in cheerdance routines (Carrier and McKay, 2006).

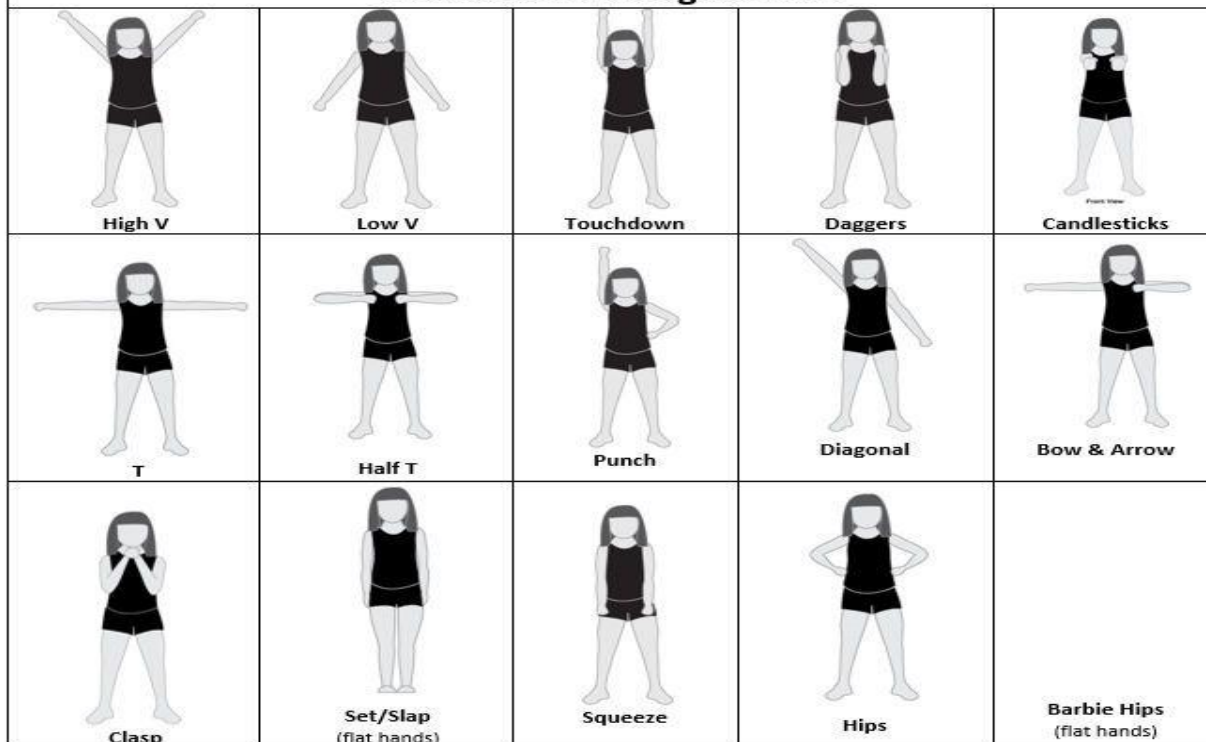
Every jump has important elements namely:

- a. Approach** – It is the first stage of a jump.
- b. Lift** – It occurs after a cheerleader leaves the ground.
- c. Execution** – It is hitting a jump at its peak or maximum weight.
- d. Landing** – This involves whipping of the legs and feet together to end with a small rebound.

SEGMENTS OF A CHEERDANCE ROUTINE

- 1. Music Section-** Music plays a vital role in cheerdance routine as it sets the tone and pace as well as adds to the creativity of the choreography. It also motivates both the cheerleader and the spectators.
- 2. Cheer Section-** This section shows supports for the school or program that the cheerleaders represent.

Basic Cheerleading Motions



CHEERLEADING JUMPS

Click the link:

<https://www.youtube.com/watch?v=3mh3V2iXew0&fbclid=IwAR2hI56QIKJDaUc8CMvMQyPM-X529ECmPhfXdR1RzFR2px0i7PJmV1eNIA>

ASSESSMENT

Yell

1. Make your own yell.
2. Use your strand or section as your theme/subject.
3. Your yell should have a minimum of 16 seconds and maximum of 32 seconds.

4. Record your yell using a voice recorder.
5. Submit it to your group leader.
6. You will be graded using the criteria below.

CRITERIA		
Physical Education Outcomes	Description	Percentage
Participates appropriately	Behavior Attitude Effort Sportsmanship Cooperation	40
Motor Skills	Gross and fine motor skill development relative to grade level	30
Content Knowledge or Application	Motor Skill Knowledge and vocabulary, Apply knowledge to an activity setting	30
		100%

REFERENCE

Physical Education and Health Volume II

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