



ACADEMIA SYSTEM GLOBAL COLLEGES

3rd Floor Enriquez Building , V Rama corner Tres de Abril Street, Bacalso Avenue, Cebu City, Philippines

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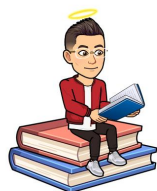
Subject Title: Physical Education and Health – G12

Module No: 05

Topic: Competitive Dance: Hip-Hop & Cheer Dance

I. OVERVIEW

The rise of the 21st century Competitive arts heralded emergence of new dance styles that are competitive in nature. These are the trendy and sporty dances such hip – hop and cheer dance. Although Innovations have been introduced through the years, these dances remain an irreplaceable way of expressing human thought and emotion and captured the interest of the new generation due to its more upbeat music and fierce movement.



In this module, we will discuss the history, nature, characteristics, and basic movements of hip – hop and cheer dance that can be considered moderate to vigorous physical activity (MVPA).

A. Learning Competency

The learners will be able to:

- (1) Engages in moderate to vigorous physical activities (MVPAs) for at least 60 minutes most days of the week in a variety of settings in- and out-of school
- (2) Self-assesses health-related fitness (HRF). status, barriers to physical activity assessment participation and one's diet

B. Specific Learning Objectives

The learners will be able to:

- (1) Discuss the nature of Hip – Hop and Cheer Dance;
- (2) Create a two – minute video and choreograph any of the dance genre (Modern and Contemporary Dance)

II. LET'S BEGIN

Let's Review

Instruction. Name the following pioneers of Modern Dance below.



1.



2.



3.



4.



5.



III. LET'S DIG DEEPER



Competitive Dance: Hip-Hop & Cheer Dance

Brief History of Hip – Hop




- The word hip-hop was derived from the word “hep”, and African – American vernacular English language since 1904 which means “current”.
- It was apparently invented by New York rapper Kevin Donovan, (known as Afrika Bambaataa), who was dubbed as the Grandfather of hip-hop.
- The dancing style of hip-hop developed from the music style that was first introduced during the 1970's in New York among young Hispanic and African – American communities and was made popular in the 1980's by media's exposure of several hip – hop dance groups in America. These group of young people were looking for a creative outlet to vent their frustrations and disappointments with society.
- It started with funky beats reverberating at house or basement parties and the streets of New York.
- Hip – Hop evolved as a street dance which was a cultural dance variation in the United States and is generally a form of entertainment where technical and teachable dance aspects replaced the cultural symbolism and message of the true essence African –




American hip – hop dance. The word street dance arrived in the Philippines from the United States during the 1980's but only gained unparalleled popularity during the 1990's.

Nature and Characteristics of hip – hop

- ❖ The movement of hip – hop dance contains an assertive angularity of body posture and an insistent virtuosic rhythmicity.
- ❖ It is freestyle in nature and maybe practiced in either a dance studio or in an open space outdoor.
- ❖ It consists of four fundamental characteristics such as rapping (MCing); Disc jockeying (DJing); Break dancing (B-boying); and Graffiti Art (Aerosol Art).
- ❖ Can also be described by elements such as bounce or recoil, tightening of the body, agility and coordination, and fun.
- ❖ It has several styles that comprise two main categories, the old school (breaking, popping, and locking) and the new school (house, krumping, street jazz)

Fundamental Movements:

Terms	Illustration	Description
1. Breaking (Break Dance)		<ul style="list-style-type: none"> • Executes several explosive, acrobatic movements with breaks or freezes in between acts • Hold the position of the movement for a few seconds before continuing or shifting to the next movement
2. Popping		<ul style="list-style-type: none"> • A quick contraction and relaxation of muscles to producing jerking od various joints
3. Locking		<ul style="list-style-type: none"> • It includes a lot of acrobatics and physically demanding moves, such as landing on one's knees and the split

		<ul style="list-style-type: none"> • Other famous moves are waving of arms, pointing, walking stationary, and grabbing and rotating the cap or hat
4. Krumping		<ul style="list-style-type: none"> • Characterized by unrestrained, rapid – fire, and highly energetic moves of the limbs and torso • A dance style to release anger
5. Tutting (Tetris)		<ul style="list-style-type: none"> • It is a dance style that imitates the angular poses seen in ancient Egyptian art • Used to have a limited set of static hiero – inspired poses but they now create more complex geometric patterns wherein multiple limbs interact
6. House Dance		<ul style="list-style-type: none"> • Combination of skating, stomping and shuffling • There is a fast and complex steps combined with fluid movement of the torso





Brief History of Cheer Dance

- Cheer dance is physical activity with a combination of different dance genre and gymnastics skills such as such tumbling, pyramids, tosses and stunts.
- The routines usually range anywhere from one to three minutes and they are done to direct spectators to cheer for sports teams or participate in cheer dance competition.
- Cheer dance is relatively new in the field of sports and dance as it has only emerged during the 1990's as part of the cheerleading events.
- Cheerleading history is linked closely to the United States history of sports, its sporting venues, as well as the historical development of over-all crowd participation at many athletic events.
- Its origins can be traced as far back as the late 19th century where in 1960's students from Great Britain began to cheer and chant in unison for their favourite athletes at sporting events. This event eventually influenced and reached America.
- Cheerleading for the 25 years was an all – make activity. It was only during the 1920's when women cheerleaders participated in cheerleading.

Nature and Characteristics of Cheer Dance





- ❖ As a dance technique, some squad prefer contemporary dance technique, while others incorporate several techniques such as jazz, hip – hop, modern dance, contemporary ballet and ethnic of folk. Emphasis is on the placement, sharpness and synchronicity of the movement.
- ❖ There must be cheers which are coordination of organized words and movements relating to an athletic event. These are used during a sport event when play has been stopped on the field or court.
- ❖ Cheer motions are also used to lead the crowd and emphasize word for crowd response. These are made up of hand, arm, and body positions.








Fundamental Movements:



Starting Positions	Illustrations	Description
1. Beginning Stance		Feet together, hands down by the side in blades
2. Cheer Stance		Feet more than shoulder width apart, hands down by the side in blades




Hands Positions




Arm Positions	Illustrations	Description
1. Table Top		Arms bent at elbow, fists in front of shoulders
2. High V		Arms extended up forming a "V", relax the shoulders
3. Low V		Arms extended down forming a "V"
4. Touch Down		Arms extended straight upward and parallel to each other, fist facing in

5. T Motion		Both arms extended straight out to the side and parallel to the ground, relax the shoulders
6. Diagonal		One arm extended in a high "V" and the other arm extended in a low "V" (right diagonal shown)
7. L Motion		One arm extended to the side with other arm extended in punch motion. (Left L motion shown)
8. Overhead Clasp		Arms are straight, above the head in a clasp and slightly in front of the face
Feet Positions	Illustration	Description
1. Front Lounge		Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other
2. Side Lounge		Lead leg bent with the knee over the ankle, feet perpendicular to each other
3. Feet Apart		In stride position, both feet away each other. Hands can be on the waist or clasp in front

Basic Jumps	Illustration	Description
1. Herkie		<ul style="list-style-type: none"> Clasp arms tighter in the and form fist (ct.1) Bring arms up to a high V (ct.2) Swing arms in a cross position and bend both legs (ct.3) Brig arms up to a T and hit your herkie. One of the legs shall be out like you are doing a straddle split and the other leg shall be bent back. Arms shall be in a T position with the hands forming fists (ct.4) Land with legs bent and hands on the side, hold position and straighten out your legs (cts.5,6,7)
2. Toe Touch		<ul style="list-style-type: none"> Clasp arms like in the herkie and form fists (ct.1) Bring arms up to a high V (ct.2) Swing arms in a cross position and bend the knees (ct.3) Jump to "touch" the toes (ct.4) Land with both legs bent and both hands on the sides (ct.5) Hold the position, straighten out the legs (cts.6,7)


3. Hurdle		<ul style="list-style-type: none"> Start with a High "V" position (ct.1) Throw arms up into the high V position (ct.2) Take a crisp sharp motion tiptoe and jump into the air (ct.3) Feet is in herkie position while reaching out one foot in front and hold position (cts.4,5)
Basic Tumbling	Illustration	Description
1. Forward Roll		<ul style="list-style-type: none"> Squat and lay both hands on the floor (ct.1) Tuck chin and push off the hands and legs (ct.2) Roll forward (cts.3,4) Squat both legs against the chest and hold the arms up in front (cts.5,6) Get up (cts.7,8)
2. Backward Roll		<ul style="list-style-type: none"> From a beginning stance facing back, squat and lay both hands on the floor (cts.1,2) Tuck chin and pull off the hands and legs (cts.3,4) Roll backward (cts.5,6) Squat both legs against the chest and hold the arms in front and get up (cts.7,8)

3. Cartwheel		<ul style="list-style-type: none"> Put the best leg forward and extend both arms up against the ears Move the whole body forward and slowly raise the back leg Once the hands reach the ground, kick the back leg over
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IV. WE'RE ON OUR WAY

Quiz no. 5.1 – Can You Identify?






Instruction. Identify if the given movement inside the box is (A). Fundamental Hip – Hop Movement or (B). Fundamental Cheer Dance Movement. Write the letter of your choice.

1. Overhead Clasp _____	
2. T Motion _____	
3. Locking _____	
4. Cartwheel _____	
5. Popping _____	

V. HOW FAR HAVE WE GONE?

Quiz no 5.2 – You Dance Me Crazy 1.0

Instruction. Identify if the movement is (A) Locomotor or (B) Non – Locomotor. Select the letter of your choice.

1. _____ 	2. _____ 	3. _____ 
4. _____ 	5. _____ 	

VI. WALKING THE EXTRA MILE (PERFORMANCE CHECK)

Activity: You Dance Me Crazy 2.0 (20pts)

Instructions:

1. Select (5) fundamental movements of Cheer dance and try to execute them.
2. Take a video of yourself performing it and send it to the google classroom
3. You may have a partner but make sure that he/she lives nearby or you live on the same house.
4. If you decided to have a partner, make sure to follow the health protocols to keep yourselves safe.
5. More than 2 people in the video is NOT ALLOWED.
6. Do not forget to chat this before sending the video:
 - Full name: (Family name, First name, Middle Initial)
 - Strand and section:
 - Name of partner: (If you decided to have a partner)
7. You will be graded based on the rubric below.

(Note: you can freely use any music you want for your accompaniment).

COMPONENT	1	2	3	4
Formation	➤ Student is not clear about the dance formation.	➤ Student requires some assistance from teacher while getting into position.	➤ Student gets into position for the dance with little assistance from the teacher.	➤ Student demonstrates clearly the correct dance formation and helps others with only an occasional hint from the teacher.
Sequence of Steps	➤ Student seems lost or demonstrates incorrect dance steps.	➤ Student can follow portions of the dance with frequent cues provided by the teacher.	➤ Student can follow most of the dance sequence with some guided help from others.	➤ Student is in a leading role and clearly demonstrates the correct dance sequence.
Beat	➤ Movements and the beat of the music are out of step or not synchronized.	➤ Student beat is inconsistent and it fluctuates at times.	➤ Demonstrates the beat most times and is able to maintain it in the dance.	➤ Student clearly maintains the beat in their dance and consistently maintains it throughout the dance.
Style	➤ Student demonstrates a mix of styles which do not show progression or theme specific to the dance.	➤ Student is progressing towards the demonstration of "stylistic" moves that are characteristic of the dance.	➤ Student at times will demonstrate "stylistic" moves in keeping with the dance.	➤ Student consistently demonstrates "stylistic" moves in keeping with the dance.
Work Ethic	➤ Show little or no enthusiasm for dance. Does not focus and follow instruction. Is easily distracted.	➤ Student will participate in dance. Frequent reminders are needed to maintain their focus on the dance.	➤ Approaches dance with a positive attitude. May need to be brought back to task at times. Can stay focused and follows instruction fairly well.	➤ Student is totally motivated to participate in dance. Is always focused and on task. In fact, encourages others to remain on task.

VII. REFERENCES

Nestor Castanos Jr, (2020). "PE and Health 12 Quarter 1 – Module 3: Competitive Dance: Hip – Hop and Cheerdance SENIOR HIGH SCHOOL". Retrieved from https://www.researchgate.net/publication/345678065_PE_HEALTH_12_Quarter_1_Module_1_Dance_An_Introduction_SENIOR_HIGH_SCHOOL