

# **Enhance Fitness Thru Dancing Cha-cha**

**Module in PE 9**

**Second Quarter -Week 5-8**



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## ***What's I Need to Know***

### **To the Learner**

Hello, grade 9 learners, you know it is happy to be with this stage. This is the most interesting part of your life as a student. Welcome to the part where your body moves and rock. You will be provided w/ activities that will test your prior knowledge and motivate you more to be physically active. This module will help you recall the dance Cha-cha, but, in order to learn well you need to practice.

### **To the Facilitator**

Check the module before giving, explain the instruction if it is needed, let not the learner finish answering all the activities at one time, more time shall be given for the activities, remind also, that they will write their answer in the space provided for every activity given to answer.

**Content Standard:** The learner demonstrates understanding of lifestyle and weight management to promote community fitness.

**Performance Standard:** The learner maintains an active lifestyle to influence the physical activity participation of the community and practices healthy eating habits that support an active lifestyle.

### **Learning Competency:**

- Executes the skills involved in the dance. PE9RD -111b-h – 4

### **Specific Objectives:**

1. Read and understand the nature and background of the dance
2. Practice and executes the basic steps of the dance Cha –cha.
3. Apply the appropriate first aids for injuries and emergency situations  
That might happen during practice and performance of the dance.
4. Appreciate the importance of ball room dance

## What I Know

### PRE-ASSESSMENT:

- I. Multiple Choice: Write the letter that corresponds to the correct answer on the blank provided before each number.
- \_\_\_\_\_ 1. Which of the following social dances originated from Cuba?
- A. Boogie C. Slow Waltz  
B. Cha-cha-cha D. Tango
- \_\_\_\_\_ 2. What is the name of the Cuban composer and violinist who introduced the music of Cha-cha-cha?
- A. Enrique Jorin C. Enrique Quirisha  
B. Enrique Lorvine D. Enrique Santeria
- \_\_\_\_\_ 3. What is the time signature used in the dance Cha-cha-cha?
- A. 2 C. 4  
4 4  
B. 3 D. 6  
4 8
- \_\_\_\_\_ 4. When was Cha-cha-cha first introduced to the United States?
- A. 1934 C. 1954  
B. 1944 D. 1964
- \_\_\_\_\_ 5. What is the step pattern of Cha-cha-cha?
- A. Step, step, close, step, close  
B. Close, step, close, step, step  
C. Step, close, step, step, close  
D. Step, step, step, close, step
- \_\_\_\_\_ 6. What is the proper counting of Cha-cha-cha?
- A. 1, 2, 3, 4 and 1  
B. 1 and 2, 3 and 4  
C. And 1, 2, 3, 4  
D. 1 and 2, 3, 4 and
- \_\_\_\_\_ 7. Who imported the dance Cha-cha-cha to the continent of Europe?
- A. Patrick Lavelle C. Roderick Lavelle  
B. Pierre Lavelle D. Rudxyl Lavelle
- \_\_\_\_\_ 8. What is the common injury when you dance cha-cha-cha?
- A. Burns C. Sprain  
B. Concussion D. Shin splints
- \_\_\_\_\_ 9. What is the best first-aid method for injury treatment?
- A. ICE method  
B. PRICE method  
C. PRIZE method  
D. WISE method
- \_\_\_\_\_ 10. How to prevent injuries during dance training?

- A. Always warm-up before training and cooling down after training
- B. Always wear proper shoes and attire
- C. Eat well and stay hydrated before, during, and after training
- D. All of the above

- \_\_\_\_\_ 11. Which among the following social dances is considered a Latin American dance?
- A. Cha-cha-cha
  - B. Tango
  - C. Foxtrot
  - D. Slow Waltz
- \_\_\_\_\_ 12. Which among the following social dance is not considered as Modern Standard Dance?
- A. Waltz
  - B. Cha-cha
  - C. Foxtrot
  - D. Tango
- \_\_\_\_\_ 13. Slow waltz originated in Austria, which Cha-cha is in \_\_\_\_\_?
- A. USA
  - B. Spain
  - C. Cuba
  - D. Austria
- \_\_\_\_\_ 14. In Cha-cha, the male start with this \_\_\_\_\_
- A. Right backward
  - B. Left Backward
  - C. Right Forward
  - D. Left Forward
- \_\_\_\_\_ 15. Female sequence of step to be executed first is \_\_\_\_\_
- A. Right Forward
  - B. Left Forward
  - C. Right Backward
  - D. Left Backward

### ***What's In***

Dancing is fun and specially to dance enthusiast. It comes naturally to people, and it's an easy activity to everybody to experience and partake in. It offers emotional outlet to express your feelings as your body moves w/ passion and flair. It is a beautiful artistic outlet also to boost your ability to permanently use these expressive qualities even when you are dancing. So this module introduces you to the art of social dancing. You will learn one of the most popular Latin dances which is Cha-cha. It provides you the necessary skills and understanding for an appreciation of the artistic, athletic, and social features of dance., you will learn different ideas encompassing along w/ cultures, the basic dance steps, etiquette, common injuries and application in social settings as well as the different steps, the rhythms and types of music to w/c they're dancing.

## ***What's New***

### **Activity 1:**

Have you ever experienced or watched Cha-Cha dancing? If so, we may want to know your thoughts about it by answering the following question.

1. What can you say about Cha-cha dancing? How do you compare it to other types of dances? What did you observe from their attire, the dance steps and the rhythmic pattern?

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## ***What's Is It***

### **Cha-cha**

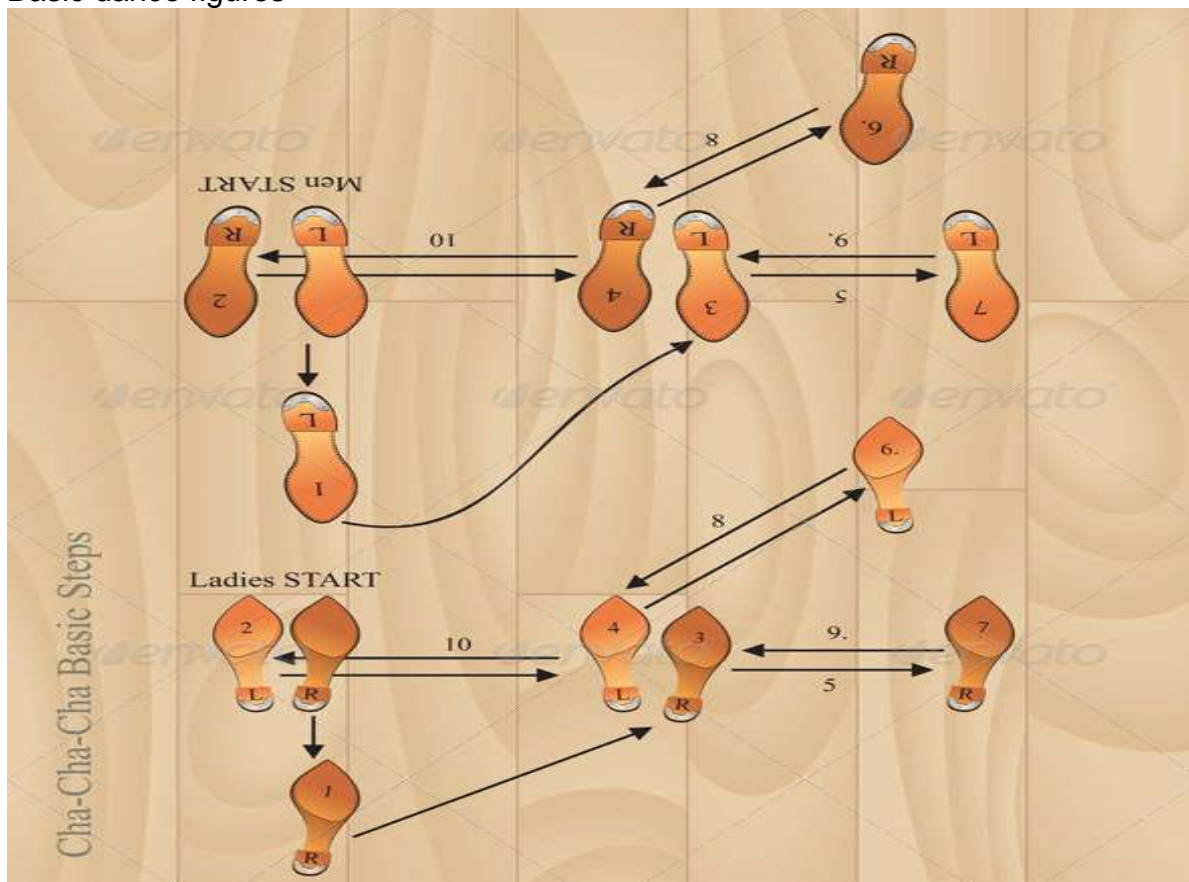
Cha –cha is one of the most Latin dances at dance competitions. It is a lively and fun dance that really gets you dancing on the dance floor. This dance requires small steps and lots of hip motion.

The origin of the name Cha-cha has two versions. First was given credit to a Cuban composer and violinist named Enrique Jomin. He coined the term Cha-cha to vocally mimic the shuffling sound of the dancer's shoes when it hits the dance floor. This dance was imported by Pierre Lavelle to Europe in 1950 when he travelled to Cuba to observe and study the culture's style of the dance. This was the time that the name was shortened from Cha-cha-cha to Cha-cha. This was introduced in United States in 1954. The second version was from religious ritualistic dances from the West Indies. The studies show that Voodoo band leaders used small rattles created from Cha-cha plants to create a unique sound. This rattle combined with bells and drums were used as a timer to measure when dancing and singing.

**The step pattern:** step, step, step, close, step

**Counting:** 1,2,3,4 & 1 or 1, 2, 3 cha-cha or slow, slow, slow, quick, quick

## Basic dance figures



## Basic Cha-cha Steps:

### Side Steps:

Men	Ladies
1. Sidestep to the left with your left foot	1. Sidestep to the left with your left foot
2. Step backward & left with your right foot	2. Step backward & left with your right foot
3. Left foot in place, weight shifts to it	3. Left foot in place, weight shifts to it
4. Sidestep to the right with your right foot	4. Sidestep to the right with your right foot
5. Move your left foot to your right foot	5. Move your left foot to your right foot
6. Sidestep to the right with your right foot	6. Sidestep to the right with your right foot
7. Step forward & right with your left foot	7. Step forward & right with your left foot
8. Right foot in place, weight shifts to it	8. Right foot in place, weight shifts to it
9. Sidestep to the left with your left foot	9. Sidestep to the left with your left foot
10. Move your right foot to your left foot.	10. Move your right foot to your left foot

<b>Grapevine (“Take it to the left”)</b> a. Step your L foot to the side b. Cross your R foot over the left one and step on it. c. Step your L foot to the side again d. Close your R foot onto the right side of your L foot.	<b>Walking to the back (“Take it back now”)</b> a. Step your L foot behind you b. Step your R foot behind you c. Step your L foot behind you d. Close your R foot on the R side of your L foot.
<b>Jumping (“One hop this time”)</b> a. Jump from both feet, landing on both feet, moving forward.	<b>Stomping (“Left foot let’s stomp”)</b> a. Stomp your L foot and accent the movement with your whole body, including arm movements or jazz hands
<b>Jazz Square (“Now Cha-Cha”)</b> a. Cross your R foot in front of your L foot b. Uncross by stepping onto your L foot c. Step to the R with your R foot d. Step in front of you with your L foot.	<b>Turning Grapevine (“Turn it out”)</b> a. Turn your body to the L b. Step with your R foot to the right. c. Step your L foot across the right one d. Step again to the right side with your R foot e. Close your L foot on the L side of your R foot.
<b>Scissor Jump (“Criss Cross”)</b> a. Jump from both feet and land on both feet with a wide gap between them b. Jump from both feet, landing on both with the R foot crossed in front of the L one. c. Jump both feet out again d. Jump both feet back together, landing with feet next to each other, uncrossed	<b>Running Man (“Charlie Brown”)</b> a. In place, step onto your foot and kick the L one to the rear, then reverse, without moving forward.

### Things to Remember

We can develop injuries through Dancing. Therefore, we might as well be physically fit in order to prevent them. Common injuries that happen during dancing includes **Hip Injuries, Muscle and Joint Injuries, Knee Injuries, Stress Fractures.**

Treatment:

- a. Muscle and Joint Injuries: Apply PRICE treatment method (Protection, Rest, Ice, Compression, and Elevation)

- b. Stress Fractures: Limit weight on your foot by using crutches, wearing a leg brace or walking boots, seek for medical help and physical therapist.

Prevention:

- a. Eat well and stay hydrated before, during, and after class.
- b. Get enough rest and avoid overtraining.
- c. Do cross-training exercises to build strength and endurance in all parts of your body.
- d. Always wear proper shoes and attire.
- e. Always warm-up before training or performances.
- f. Lead a healthy lifestyle and get to know your body.

### ***What's More***

**Activity 2:** Play any cha-cha music and invite any members of your family to practice the basic steps together. But remember to do warm-up exercise and cooling down exercises at least 5 minutes each before and after practicing the dance.

**Activity 3:** Invite any member of your family to create a choreography of Cha-cha dance applying at least 5 basic dance steps that you have learned. Include dance mixer as part of your choreography.

### ***What I Have Learned***

**Activity 4:** Write what you have learned and explain how you can use those learnings to improve your fitness level.

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### ***What I Can Do***

**Activity 5:** Invite any member of your family to execute the 5 basic dance steps. Take a picture of yourself with your partner executing each of the 5 basic steps. Print the picture on an A4 bond paper. (All the pictures may occupy 1 A4 bond paper).

### ***Assessment: (Post-Test)***

- II. Multiple Choice: Write the letter that corresponds to the correct answer on the blank provided before each number.
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A. 2/4 C. 4/4  
B. 3/4 D. 6/8
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- \_\_\_\_\_ 5. What is the step pattern of Cha-cha-cha?  
A. Step, step, close, step, close C. Step, step step close step  
B. Close, step, close, step, step D. Step, step, close step, step
- \_\_\_\_\_ 6. What is the proper counting of Cha-cha-cha?  
A. 1, 2, 3, 4 and 1 B. 1 and 2, 3 and 4

- C. And 1, 2, 3, 4  
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A. Left Backward  
B. Left Forward  
C. Right Backward  
D. Right Forward

## Key to Answer:

Pre-assessment	Post assessment
1. B	1. D
2. A	2. A
3. C	3. C
4. C	4. C
5. D	5. C
6. A	6. A
7. B	7. B
8. C	8. C
9. D	9. D
10. D	10. D
11. A	11. A
12. B	12. B
13. C	13. C
14. D	14. D
15. A	15. D

## **References:**

[File:///storage/emulated/0/Download/images%20\(20\).jpeg](File:///storage/emulated/0/Download/images%20(20).jpeg)

Cherry May C. Barimbao (2020). Physical Education and Health- Grade 9

Printed in the Philippines by Department of Education- Division of Iligan  
City

<b>Tracking Number: 826-13-21MELCS</b>
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