



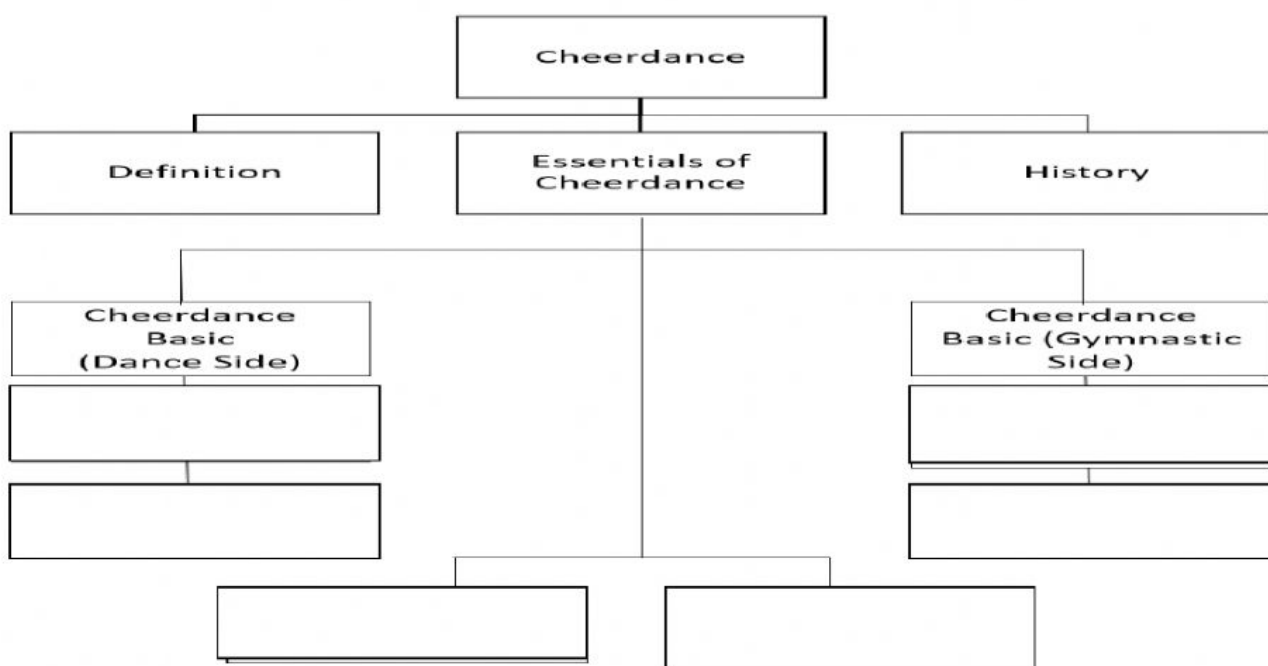
Colegio de Sta. Rosa
Brgy. Conchu, Trece Martires City
Tel. (046) 419-2568
Email Add: colegiodesta.rosatrece@yahoo.com

**THIRD QUARTERLY
PHYSICAL EDUCATION and HEALTH**

NAME:

GRADE 12

Complete the table below to know the brief history of cheer dance. Write your answer on the box provided.



Answer the following questions. Write your answer on the space provided before each number.

- _____ 1. arms are straight with fists facing down, as if holding the handle of a bucket in each hand.
- _____ 2. Open palm, fingers are spread out.
- _____ 3. Strike palms together in front of the chest
- _____ 4. Strike palms together in front of the chest
- _____ 5. Both arms are parallel to the ground and both elbows are bent.
- _____ 6. One arm is raised upward, while the other arm positioned downward across to the opposite side.
- _____ 7. one arm is raised diagonally upward, then the other arm elbow is bent and pointing downward.