

Gymnasium 1

CHEERLEADING TERMINOLOGY

**Мясникова Н.А., учитель английского языка МАОУ
«Гимназия №1»**

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CHEERLEADING DANCE



dancephotoru@ya.ru
vk.com/dancephotoru

dancephotoru@ya.ru
vk.com/dancephotoru

MATERIAL FOR PROJECT



USA Federation for Sport Cheerin



AIM OF PROJECT

- The aim of my project is to make a terminology vocabulary for cheerleading dance for those who do or watch competitions in this new kind of sport.



TASKS OF PROJECT

- To find out what cheerleading is;
- To name the main facts from the history of cheerleading;
- To single out the main terms of cheerleading and make their classification;



HISTORY IN THE WORLD

In 1884, at one of the USA universities young people who were fans of the local football team organized the first support group. At each football match, they synchronously performed movements and also synchronously shouted short phrases to support their team. This activity was later called “Cheerleading”.



CHEERLEADING IN RUSSIA

In 1995 the first cheerleading team was created in Moscow at the Children's League of American Football. In 1999, the Moscow Cheerleading Federation was registered.

In 2007, the Agency for Physical Culture and Sports of the Russian Federation recognized cheerleading as a sport.



CLASSIFICATION OF CHEERLEADING MOVEMENTS

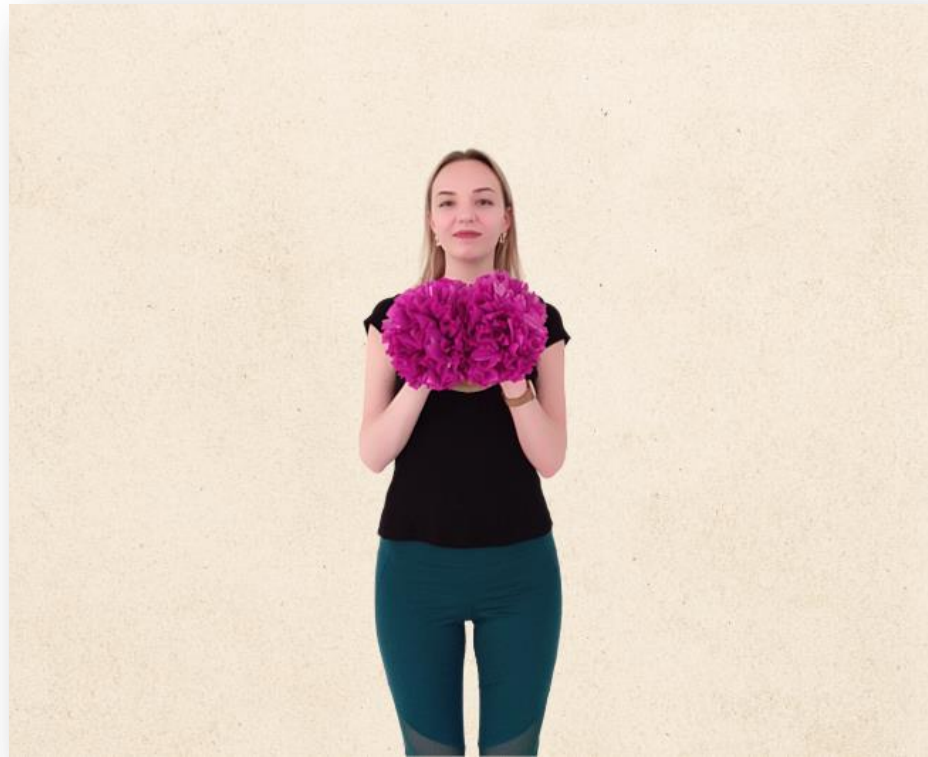
1. Motions
2. Jumps



MOTIONS

○ Clasp

The clasp is the way cheerleaders clap.



MOTIONS

○ High-V

Straight arms are positioned "side-up" at an angle of about 30 degrees.



MOTIONS

○ T-Motion

Straight arms are positioned to the sides.



MOTIONS

- Touchdown

Arms are positioned up in line with the body.



JUMPS

○ Cone

This approach is used for entry into jumps



JUMPS

- Toe Touch

Straight legs raised to the sides as high as possible.



JUMPS

○ Hurdler

One leg is straight and raised to the side, the other is pulled back and bent.



JUMPS

- Pike

Straight legs are raised up together and positioned parallel to the floor.



TERM VOCABULARY OF CHEERLEADING

- **clasp**, n – clap
- **cone**, n – preparatory movement for jumping
- **high-V**, n – arms position with hands up
- **hurdler**, n - jump with one leg straight and the other one bent
- **jump**, n - jump
- **motion**, n - movement
- **pike**, n – a kind of jump with legs parallel to the floor
- **T-motion**, n – position with straight arms to the sides
- **toe touch**, n – jump with straight legs to the sides
- **touchdown**, n – position with hands up



REFERENCES

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- <http://cheerleading.ru/>
- <https://www.cheerleadingstuntstand.com/cheer-moves/>
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