

## I. Introduction

AGWIKASAN is a fun event CIIT held for students where they could participate in loads of activities and it's nothing like we have seen before. Traditional dances, *larong pinoy* and along with banner designing were some of the many activities done in the event. Students had the chance to showcase not only their creativity, but also to test their teamwork and leadership skills. A lot of amazing traditional dances were performed at the event, and it is not just folk dances, but club INDAYOG had a lot of spectacular performances prepared as well. It is clear that they did not hold back, as Intermission numbers were well done and entertaining.

## II. Body

INDAYOG's intermission numbers danced to trendy KPOP music guaranteed to capture the attention of the audience. Crowd cheered and danced along with the performers, hyped up and laughter and joy livening up the event once more. As seen with the talented dancers, skilled movements further proves the improved muscular endurance. Timestamp 0:06, Strenuous movements from the complicated dance moves while still maintaining their good posture, balance and energy. Observing each dancer, it is apparent that they had lots of practice, synchronized performance makes for a beautiful presentation.

What makes a performance appealing is the dancer's ability to have a good reaction time and coordination, thus resulting in harmony. The dancers were impressive on their own, but together they created a fun and ecstatic choreography. With coordination, the controlled and graceful movements of each member makes for fascinating visuals. Along with the dance group's synchronization, their reaction time was observed to be well done as each step adapted and synced with the music.

The ability of moving to the beat and rhythm gives essence to our performance, as we express and enrich our emotions to the melody, so Reaction time is imperative in dancing as well. The dancers gave an impressive show and moved along to the rhythm and melody. Their passion and talent reflected in their skilled movements, adding soul to the already spectacular show.

## III. Conclusion

2023 AGWIKASAN has brought students newfound experiences and further improved their thinking skills by strategizing in competitive games. We learnt through activities and dancing we can maintain physical fitness. INDAYOG has brought us entertaining intermission numbers that have lightened up our students. We observed various factors of physical fitness with the dancers, their muscular endurance improved with practice and skill. As well as their

coordination at timestamp 0:09, good reaction time that gives a visually breathtaking performance, leaving lasting memories for the school year.