

DANCE CHALLENGE



EQUIPMENT: REQUIRED

- ❖ Projector /TV/Tablet to view video
- ❖ Tablet or Video camera to film the dance

AGE CATEGORIES

- ❖ Years 3/4, 5/6, 7/8 & 9/10/11

HOW TO GET INVOLVED

- ❖ Choose a challenge you wish to undertake and follow the instructions
- ❖ Challenges can be completed as an individual / with siblings / bubble groups
- ❖ Practice your challenge
- ❖ Film and record your challenge

- ❖ **Ensure that your school's Photo & Video consent policy is followed**
- ❖ Upload your video on the team BEDS&LUTON School Games Website to enter

COVID-19 SAFETY

- ❖ The team BEDS&LUTON School Games Virtual Events should be completed in accordance with your schools Covid-19 PE Policy.

SAFEGUARDING

- ❖ When filming dances of pupils, please ensure that your school photo/video consent policy is followed at all times.
- ❖ **By submitting your school video, you consent for your video to be shared on Team Beds and Luton social media platforms and used for promotional purposes**

DANCE CHALLENGE



CHALLENGE 1

Pupils are challenged to copy the dance moves shown on our demonstration video and film their best attempt.

Instructions

- ❖ To view the demonstration video visit your SGO Area page on: <https://www.teambedsandluton.co.uk/virtual-school-games>
- ❖ Pupils watch the video
- ❖ Repeat the video as many times as needed until you master all the steps.
- ❖ Be creative how you position each dancer and travel around your space with the choreography
- ❖ Film your best attempt

CHALLENGE 2

Pupils should choose their own style, music and choreography to create their own unique dance and film their performance.

Instructions

- ❖ Choose a style of dance
- ❖ Choose a piece of (Age appropriate) Music
- ❖ Choreograph your own dance routine
- ❖ Each routine must be between 1 minute and 1 minute 30 seconds
- ❖ Film your best attempt

HOW TO UPLOAD VIDEOS

To upload your entries for the Bedfordshire and Luton School Games Dance Challenge please go to your SGO Area page on the website and click on submit your video and follow the instructions.

<https://www.teambedsandluton.co.uk/virtual-school-games>

Please note that all videos submitted may be used by team BEDS&LUTON on their website and social media platforms and for promotional work.

Deadline for entries is Friday 12th March

County Dance Festival will take place

w/c 22nd March