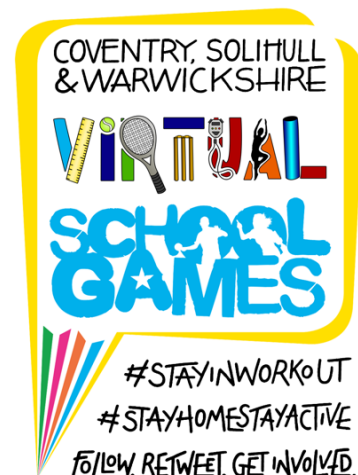


Monday 8th June – Friday 12th June

DANCE



Follow the steps below to get involved:

1. Familiarise yourself with the 3 challenges below.
2. You can do all 3 challenges or just select the ones you want to do.
3. Take some time to practice and improve before recording your routines using the guidance below.
4. Click the link on page 2 and complete the form to support and represent your school.



Equipment - A safe space and something to play your music and to record your dances on.

Link to music – Hey! <https://youtu.be/m0hynO4BeRo>

Video link showing all 3 challenges – <https://youtu.be/eNmTRXfzm6E>

Please Note: Record your challenges individually, and ensure videos are no longer than 24 seconds!

CHALLENGE 1

Can you demonstrate the School Games Value of DETERMINATION?

DETERMINATION

Try your hardest to be the best you can be.



Dance Task:

- Pick your 4 favourite fitness moves - for example: jogging on the spot, high knees, jumping jacks, squats, burpees, heel kicks.
- Repeat each move 4 times (16 counts), and finish by striking a pose.

Video tutorial link – <https://youtu.be/RtmGvKnqmRM>

Aimed at Rec, Key Stages 1 & 2...

...but why not get the whole family involved?

CHALLENGE 2

Can you demonstrate the School Games Value of PASSION?

PASSION

Show your enthusiasm and drive.



Dance Task:

- Click on the video tutorial link below and learn the short dance.
- Keep practicing until you are confident and ready to perform with lots of energy.

Video tutorial link – <https://youtu.be/yaGboypAkCs>

Aimed at Rec, Key Stages 1, 2, 3 & 4...

...but why not get the whole family involved?

CHALLENGE 3

Can you demonstrate the School Games Value of
SELF-BELIEF?

SELF-BELIEF

Show your skills with
Confidence and pride.



Dance task:

- Impress us with your own choreography; create a short routine lasting a maximum of 15 seconds.
- Watch the video tutorial below for a few ideas!

Video tutorial link – <https://youtu.be/QW8Xm8qfmco>

Aimed at Rec, Key Stages 1, 2, 3 & 4...
...but why not get the whole family involved?

How to Enter

Firstly, a few things to note:

1. Ensure you have permission from your parent/carer to record and send in your videos. Our full privacy policy can be found at: www.thinkactive.org/privacypolicy-csw-virtual-games-competition-entries/
2. Videos must be no longer than 24 seconds
3. You do not need a login/account with WeTransfer in order to send your videos
4. By submitting your dances, you will be put into a prize draw with the chance to win prizes (further details below)
5. If you do not want your dance to be used but have completed one of the challenges this week you can still complete the survey to show you have taken part, to support and represent your school.

To enter, please use the link below:

www.surveymonkey.co.uk/r/CSWVirtualDance

SCHOOL GAMES IS FOR EVERYONE – FOR ACTIVITY ADAPTATIONS PLEASE CONTACT – alik1@campion.warwickshire.sch.uk

A select number of dances will be chosen for the celebration compilation video. Be as creative as possible, for example; dance with your family members or get dressed up. The more creative the more likely you are to be selected for the video!

Make sure you join us again next week for the next **Virtual School Games** competition...



To enter, please use the link below:

www.surveymonkey.co.uk/r/CSWVirtualDance

**Videos must be submitted by
1pm on Friday 12th June**

Participants – All participants will receive an e-certificate via e-mail on completion the challenges.

Individuals – At the end of this week the 4 lucky individuals from KS1, KS2, KS3 and KS4 will receive a **£5.00 E-VOUCHER.**

Schools – The Infant/junior or Primary School and Secondary schools with the highest percentage of participants by the time the challenge ends will a **£75.00 PE equipment voucher.**

BASKETBALL

#STAYINWORKOUT

#STAYHOMESTAYACTIVE

FOLLOW. RETWEET. GET INVOLVED.

Music credit – www.bensound.com