DANCE: HIP HOP

part of the Cornwall Virtual School Games

DANCE n Beats **21 Basic Moves**

www.danceandbeats.com

ACHIEVE THE CHALLENGE:

The aim of the challenge is to perform a hip hop routine of your choice

HOW TO PLAY:

1. There must be at least six different moves
2. The skills chosen are based on the participant's ability
3. 2 minutes to complete your routine
4. Music of your choice

EQUIPMENT

- Mark out a soft safe space
- Appropriate clothing
- Timer e.g. stop watch, phone, clock etc

ADAPTATIONS FOR AGE / ABILITY

- Attempt a skill that you can do
- You can perform as many moves as you like

PLAY THE VIDEO

Watch how the game is played here!

CORNWALL SCHOOL GAMES

active CORNWALL

ARENA Connecting School Sport Pathways

Peninsula

MID-CORNWALL SPORTS NETWORK

Penrith School Sport

TIME MOVE

THE NATIONAL LOTTERY

SPORT ENGLAND

YOUTH SPORT TRUST

UNIVERSITY OF EXETER

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SAFETY

Ensure the area is safe and clear. Ensure no jewellery is worn and the participants are appropriately dressed. Warm up skills before practising and performing. Ask your parents / carers permission and ensure the participants are able to perform the skills safely before taking part in the competition.

SCORING

- The skills chosen are based on the participant's ability
- 1 point for each move completed
- Count the total number of moves in 2 minutes

TIPS

- Take your time, have a little practice and see if you can use at least one skill from each category; head, core, upper and lower body
- Ensure the space is large enough
- See if you can link your moves together in a fluid motion

Bonus Points:

Bonus points can be achieved for any of the following and should be added to your total points and submitted through the results sheet:

- 1 point for every family member and year group teacher who tries the challenge
- 1 point for completing it in fancy dress
- 1 point for a video sent to the school or speaking to a teacher if you are in school, telling them how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*

CONNECT TALK & LISTEN, BE THERE, FEEL CONNECTED

BE ACTIVE DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD

TAKE NOTICE REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY

KEEP LEARNING EMBRACE NEW EXPERIENCES, SEE OPPORTUNITIES, SURPRISE YOURSELF

Give Your time, your words, your presence

Schools can tag us on Facebook @CornwallSchoolGames when posting about their schools involvement in the Cornwall Virtual School Games

FOLLOW US ON FACEBOOK
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#CORNWALLVSG2020

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