

Movement Monday – Be Active



Coleshill Heath School are taking part in the CSW School Games Virtual Challenge, an exciting programme of sporting competition running throughout the summer term, giving all children the chance to represent their school team. This week is Dance.

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!



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>

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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>

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>

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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>

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>

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

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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>