

NORFOLK SCHOOL GAMES

VIRTUAL COMPETITIONS

DANCE

Who for?

Year 7/8 classes

Where?

Indoors (school hall or gym)

How to get involved?

1. Choose a challenge and follow the instructions
2. Challenges should be completed by groups containing a minimum of 5 pupils
3. Practice your challenge
4. Refer to the judging points to help improve your performance
5. Film and record your challenge. ***Ensure that schools' photo & video consent policy is followed**
6. Upload videos to the Norfolk School Games website to enter (www.norfolkschoolgames.co.uk/virtualcompetitions)

Equipment Needed

- Projector/TV/tablet to view videos
- Tablet or video camera to film dances

Sports Leadership

Think about how pupils could be used to help staff run the competition. What roles could they help with?

COVID-19 Safety

The Norfolk School Games virtual competitions should be completed in accordance with your schools COVID-19 PE policy.

Safeguarding

Please note that the virtual competitions are covered by the Norfolk School Games safeguarding documents and policies (www.norfolkschoolgames.co.uk/information).

When filming dances of pupils please ensure that your school photo/video consent policy is followed at all times. No videos submitted as entries into the virtual competitions will be shared publicly. They will only be viewed by the competition organisers and judges.

School Games Values

During each of the competitions pupils are challenged to demonstrate the School Games values;

- **Determination** - Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self discipline to overcome obstacles, commit to your goals and keep working everyday to become the very best you can be. Don't hold back!
- **Passion** - Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.
- **Respect** - Respect for the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect everyday, for every sport and everyone.
- **Honesty** - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win, not the best cheat.
- **Self Belief** - You've got to believe to achieve. Have the self belief and confidence to succeed and reach your personal best.
- **Teamwork** - Treating everybody equally, supporting each other and working together to achieve at your very best level. Celebrate each others successes and be a positive team player.



Challenge 1 - 'Tik Tok' Style Challenge

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

Instructions

- To view the demonstration video visit www.norfolkschoolgames.co.uk/virtualcompetitions
- Pupils watch the video
- Read the step by step instructions (see page 4)
- Repeat the video as many times as needed until you have mastered all the steps
- Be creative how you position each dancer and travel around your space within the choreography.
- Film your best attempt

Challenge 2 – Follow our Steps to Create Your Own Dance

Pupils should follow our choreography instructions to create their own dance and film their routine.

Instructions

- Follow the instructions (see page 5)
- Each step in the instructions is a guide and should be interpreted in your own way
- Every groups routine will be unique
- Props may be used to enhance your performance.
- Each dance must be between 1 minute and 1 minute 30 seconds.
- Film your best performance

Top Tips

Think about:

- Movement - different levels, directions, mirroring, solos, battle style choreography, unison
- Style - There are no limitations to the number of styles that you can use within your dance
- Music – Your choice of music must be age appropriate and suitable for a family audience

Challenge 3 – Choreograph Your Own Dance

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 music (must be age appropriate)
- Choreograph your own dance routine.
- Each routine must be between 1 minute and 1 minute 30 seconds.
- Film your best attempt

Top Tips

Think about:

- Movement - spacing, shapes, levels, mirroring, contrasting steps, isolations, timings, partner work.
- Style - There are no limitations to the number of styles th you use within your dance.
- Music - Your choice of music must be age appropriate and suitable for a family audience.

How to enter

Go to www.norfolkschoolgames.co.uk/virtualcompetitions to enter your videos.

Scoring

Videos for each challenge will be judged by professional dance coaches

Entries for all challenges will be marked on the following criteria:

1. Performance Skills (10 points)
 - Choreography to be executed correctly
 - Timing, focus and expression
2. Musicality (10 points)
 - Dancers showing a connection to the choreography
 - Interpreting the rhythms and tempo
3. Choreography and floor use (10 points)
 - Experimenting with the steps to be creative with the choreography
 - Using your dance space to its full potential – travelling, spacing, levels
 - Originality and creativity through performance
4. Overall Impact (10 points)
 - Character and personality shown through performance
 - Stage presence of dance

An overall score out of 40 will be awarded

Download a Certificate

Schools can download and print a Participation Certificate for each pupil that has taken part. They can also download a Sportsmanship Award Certificate for pupils who have demonstrated the School Games Values whilst participating in the virtual competitions. To download certificates visit www.norfolkschoolgames.co.uk/virtualcompetitions.

Challenge 1 – Instructions

- Start with feet apart
- Push elbow out Right
- Push elbow out left
- Place right arm on top of left, head nod and bounce
- Open arms and pull elbows out
- Cross arms down to left
- Cross arms down to right
- Jump feet to cross and twist to the back
- Jump legs out into a deep squat
- Turn left knee in and right knee in
- Rolls arms behind back with jump
- Quick change arms right, left, right
- Jump right across and turn to front
- Pull down right side, pull down left side and punch arms together on right side twice
- Slide right, slide left
- Kick ball change to front, kick ball change to the left
- 3 small jumps to front
- Dip in knee and crunch chest

Challenge 2 – Choreography Instructions

1. Choose your music

2. Choose your style

- Start in a shape fairly low or on the floor – all dancers could be the same or different
- Hold for 8 counts
- Slowly rise over 4 counts to finish standing up facing the front
- Scoop your right arm from under and take it over your head, bending your knees over 4 counts
- Repeat with the left arm for 4 counts
- Dig right foot behind and turn to face a different direction, raise both arms up, cross your arms above your head and shoot them down in any direction – 1 count each, finish by turning to the front.
- Choose a travelling step for 8 counts connected with a jump/leap to the floor.
- Use your body to change direction on the floor over 2 counts
- Raise your right arm in the air, grabbing your wrist with the left hand and pull towards your chest
- Use 2 counts to change direction/position again on the floor
- Within your group use different counts for each dancer or small groups of dancers to get up off the floor in your chosen way. Each dancer to remain still until all dancers are standing up
- Travel to a partner or small group back to back
- Using 16 counts choreograph partner work to include movement with the whole body, this section must finish with you changing places with your partner and both facing the front, one in front of the other.
- Dancer A (the dance in front) has 8 counts to travel away and find a new place
- Dancer B remains still until dancer A's 8 counts have finished and then Dancer B must travel a different way to a new space.
- Free choreography -24 counts - come up with group choreography.
- Bring all dancers in to a final position where dancers are grouped together holding a position
- All the above steps can be delivered in any direction, all dancers or just one at times. Use mirroring, levels, isolation, travelling steps.