



SPAR Lancashire School Games

Stay at Home Heroes Challenge – Rounders/Dance

Challenge yourself, and your friends, to see who can create the best routine
in our '**Rounders / Dance challenge**'.

You will need a pair of: sticks / wooden spoons/ cardboard rolls/ rounders bats / access to a music track

How to:

Choose an upbeat song with a strong beat.
Using the ideas within the video demo, either copy the routine or make up your own.
Try and change the dance move on every 8th count
Strike your sticks / implements together or on the floor on the beats as loudly as you can!

Video Demonstration

Full Dance routine

To make it;

- Easier – just use your hands to clap the beat
- Harder – try a heavier set of stick and try using a track with a quicker beat
- Inclusive – try kneeling down so you are using just your arms

Have a go at our Rounders/Dance challenge by **22nd June (please note some areas will have their own deadline, contact your School Games Organiser for details)** and post your attempts on social media use the hash tags when posting on any social media; @lancSchoolGames #LancsGames20 and #RoundersdanceChallenge and state your name, district and the school you are from.

Send your videos via email, or on social media (Facebook, Twitter or Instagram) using your [School Games Organiser contact details](#).

We will feature some of the efforts on our websites and social media in our Spar Lancashire School Games celebration day materials on 30th June!!

By sending in your entries you are consenting to us using any videos and images. If this is not the case, please make that clear on your replies.