



# Spar Lancashire School Games

## Stay at Home Heroes Challenge

### Linked to Learn! 8 - Dance

You have been busy practicing your dance moves? Are you ready to take part in our challenge?

### Rounders/Dance

Challenge yourself, and your friends, to see who can create the best routine in our **Rounders Dance Challenge!**

Equipment needed: A pair of sticks / wooden spoons / cardboard rolls / rounders bats / access to a music track.

### Video Demonstration

#### 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 your dance move on every 8<sup>th</sup> count. Feel free to repeat them.
- Strike your sticks / implements together or on the floor on the beats as loudly as you can!

#### 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

### Share your videos and photos with us:

We want to see you trying this challenge at home, please share your videos and photos to:

[Twitter- @LancSchoolGames](#)



[Facebook- @LancSchoolGames](#)



[Instagram- @lancshireschoolgames](#)



**Videos and photos posted on social media with the #LancsGames20 will be entered into a prize draw to win some Amazon vouchers! Please let us know which district you are from.**

