

# DANCE: HIP HOP

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

## 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

### DANCE n Beats 21 Basic Moves



www.danceandbeats.com

## PLAY THE VIDEO

Watch how the game is played [here!](#)

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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 by tagging us on Facebook @CornwallSchoolGames with any of the following:

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



Don't forget to include your name, school & year group in your posts so we know who you are!



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