



DANCE – EVERYBODY DANCE NOW

Quick introduction

The ACTION, DYNAMICS and SPACE challenge cards demonstrate the fundamentals of dance and dance fitness. These elements can be combined to create a routine which children can use to compete against each other.

Getting started

How to get ready to #StandAtTheFront it is competition time!

- Explore the challenge cards in this pack and add variety by introducing different moves and styles.
- Introduce 'dance-offs' and performances so that children can view each other's work and give feedback.
- Encourage young people to choreograph their own routines by selecting their own music and style.
- Encourage young people to make use of YouTube videos to learn new skills and enhance their routines.
- Design a routine over a number of weeks and have a competition at the end using the judging criteria below.

THE JUDGING CRITERIA:

Using the below point system you can create your own competition:

CATEGORY ONE

The idea (10 marks)

Things to consider:

- Originality
- Innovation

CATEGORY TWO

The movements (10marks)

Things to consider:

- Use of different actions such as travelling, jumping, turning and gestures.
- Use of different dynamics such as force, speed and flow.
- Use of space such as level, directions and formations.

CATEGORY THREE

The performance (10 marks)

Things to consider:

- Focus
- Enthusiasm
- Theatrics
- Timing

Guidance for the points system is as follows:

- 1 - 2 = Needs work
- 3 - 4 = Fair
- 5 - 6 = Good
- 7 - 8 = Very good
- 9 - 10 = Excellent

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Hints and tips

- Ensure the floor of the workspace is clean.
- Ensure there is plenty of space to warm up , practice and perform.
- Wear appropriate clothing.

Leadership and volunteering

Young people can get involved in supporting the competition in the following ways:

- Help teams get ready to perform.
- Help by making announcements.
- Help by collecting results and adding scores.
- Help by taking photos and writing a short report on the competition.
- Help by playing each team's music.

Officiating

- The judging criteria for the competition can be found in the 'Getting started' section. This criteria gives teachers and young leaders an opportunity to officiate the competition in their school.
- If you are interested in running a full version of the competition you can view and download the Dance Competition Toolkit found [here](#).

Think inclusively STEP

Dance is fully inclusive and all activity can be adapted to suit the needs of the individual performer and/or team. Some things to think about when making your competition more inclusive:

Space: alter the space to ensure all children have enough room to perform

Task: adapt the routine to ensure all children have the opportunity to perform to the best of their ability

Equipment: vary the music or props (if applicable)

People: vary the number of people in the team/group

Equipment required

- Dance requires no equipment apart from the body itself and a safe space in which to move.

Health and safety points

- All activity should start with an adequate warm up and finish with a cool down.
- Focus on the quality of movement and performance skill rather than technical ability.



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Quick rules

Everybody Dance Now! #StandAtTheFront

The basics rules of the competition:

- Team size: Minimum four, Maximum 30 participants (single gender or mixed)
- Routines:
 - Routines can use any dance style. There is no limitation to the number of styles that are used within each routine.
 - Routines can be inspired by musicals, music videos or television but it is encouraged that choreography is not plagiarised.
 - Routines should be between 2 1/2 and 4 minutes long.
- Performance space: Routines can be performed in any suitable space, e.g. sportshall, school hall or studio (theatre is NOT required).
- Scoring: See 'Getting Started' section for the scoring system.

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Spirit of the Games: Excellence through Competition



Working together to choreograph and perform the best routine possible is important in dance. Dance is a team sport requiring collaboration and communication between young people.

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