

VIRTUAL DANCE CHALLENGE

11 JANUARY – 4 FEBRUARY 2021

THEME

Express Yourself (linked to Children's Mental Health Week)

FORMAT

Class / group (family members) / individual

JUDGING

Performances will be judged based on

Idea - originality/innovation

Performance - Focus/enthusiasm

Movement - Different action/dynamics/space

TIME

The routine should be no more than 1 minute long

ENTRIES

The whole school can take part and then a final school video should be sent to Stride Active (1 entry per school).

Record the video (landscape) and email it to kieram@strideactive.org

Please ensure that you have consent for all children used in the video to be on social media and for other promotion.

Please email your videos to kieram@strideactive.org by 3 pm on Thursday 4th February 2021