

# MAGIC MOVEMENT

## Weekly theme: Dance



**Activity Aim:** Think freestyle....using your favourite tune, record a 40 second dance which must include different movements to reflect how you are feeling and end with a funky pose!

Tailor the activity to your needs using the STEPS Principle explained overleaf.

### How to play

1. Choose a Level 1-5.
2. Select your tune and set up your recording device.
3. Practice your dance to get in the flow.
4. Move in whatever way you would like to try and demonstrate how you are feeling.
5. When you're ready, record your dance.
6. Submit your entry by:
  - Completing the results form with your level and relevant permissions given.
  - AND send in your best recorded clip to [active.schools@surreycc.gov.uk](mailto:active.schools@surreycc.gov.uk) with School Name and Initials via <https://wetransfer.com/> with the subject header; Week 7- Magic Movement.

### Where to do this

Anywhere. Choose a safe space to dance - bigger moves need more space!

### What equipment is needed

Music  
Recording device

### Who can get involved

You can do this on your own, as a pair or with your family or class.

Complete the level most suitable for you

### Level 1

Move to the music in any way you feel, don't forget to end with a funky pose!

### Level 2

Include a balance move and hold for 3 seconds, in the dance. Don't forget to end with a funky pose!

### Level 3

Include a balance move for 4 seconds in the dance. Add in a slow motion Superhero pose. Don't forget to end with a funky pose!

### Level 4

Include a balance move and hold for 4 seconds in the dance. Add in a slow motion Superhero pose. Introduce a prop to help you express your mood - a mask, book or perhaps a ball or balloon. Don't forget to end with pose!



### Level 5

Create more complex moves and poses, using equipment like a chair or bringing in animals to create fun. Lengthen your movement to 60 seconds to express yourself more. Incorporate 2 different genre's into your movement - hip hop, ballet or street to demonstrate your mood. Don't forget to end with a funky pose!



Submit results by 26 July using the form at <https://bit.ly/37Qbm2g> and emailing your clip to Active Schools



#VirtualSSG2020

Be creative and you could be in with a chance to win a £20 Amazon voucher each week.

# LEVEL UP

Make up a more creative and interesting version of this Activity and get an adult to share your Level Up idea on Facebook or Twitter tagging @ActiveSchoolsAS (ActiveSurrey on Instagram) using #VirtualSSG2020.

Ensure Active Surrey are tagged and the #VirtualSSG2020 has been used for the chance to win a £20 Amazon voucher - one Level Up idea will win each week.

**A Level Up suggestion has been made, but what other creative ideas do you have?**  
Experiment with celebratory movements to show express happiness of the school holidays!

Such as jumps, spins and poses like handstands.

Parents & teachers can get involved and submit results too!

### How can the School Games Values be displayed ?

The Surrey School Games encourages young people, families, schools and communities to think about what the Games Values mean and how you can embody and display them in your activity.

### ADAPT USING STEPS

Change one or more of the five STEPS principles, to adapt the activity to make it more suitable and inclusive for you.

For example change the length of the dance, alternatively change the heights in which you perform or the platform you move on to make it more suitable for you.

<b>S</b>	<b>T</b>	<b>E</b>	<b>P</b>	<b>S</b>
Space	Task	Equipment	People	Speed

