



## SPAR Lancashire School Games

### Stay at Home Heroes Challenge – Rounders/Dance

Challenge yourself, and your friends, to see who can create the best routine in our 'Rounders / Dance challenge'.

**You will need a pair of: sticks / wooden spoons/ cardboard rolls/ rounders bats / access to a music track**

#### **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 the dance move on every 8<sup>th</sup> count  
Strike your sticks / implements together or on the floor on the beats as loudly as you can!

**Video Demonstration [www.youtube.com/watch?v=TAiyQS8Mmds&feature=youtu.be](http://www.youtube.com/watch?v=TAiyQS8Mmds&feature=youtu.be)**

**Full Dance routine [www.youtube.com/watch?v=mtRkmsvkBuo&feature=youtu.be](http://www.youtube.com/watch?v=mtRkmsvkBuo&feature=youtu.be)**

(These are also available on our Facebook page @wyreandfyldessp)

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

Take a picture or even better a video by **FRIDAY 26<sup>th</sup> June** and **Send your entries to [l.cadwallader@cardinalallen.co.uk](mailto:l.cadwallader@cardinalallen.co.uk) giving your name, age group, school and score.**

Please also post your attempts on social media and see if your friends and fellow students can beat you using the hash tag **#LancsGames20**

Please go to Facebook and search wyreandfyldessp or Twitter @wyreandfyldesgo where you will find the video demonstration along with lots of other fun information.

Also please tag us in any of your attempts! Pppplllleeeaaassseeee.

By sending in your entries you are consenting to us using any videos and images.

If this is not the case, please make that clear on your replies.

