SCHOOL GAMES

Active Lincolnshire

SCHOOL SPORT PARTNERSHIPS OF LINCOLNSHIRE

Dancing On

ICE-OLATION

Scan here to enter!

Introduction

This is a booklet containing everything you need to know about our "Dancing on ice-olation" virtual event. It contains choreography, the score sheet and a list of the skills that you might consider using in your routine. This guide will help you to create a dance routine that suits you and reflects how you are currently feeling. Your local School Games Organiser or your PE Teacher will let you know when the deadline for submitting your routine is. Keep an eye on their social media for more info!

Format of the competition

This virtual competition allows you to choreograph and perform a dance style of your choice that lasts up to one minute. Once you have choreographed your routine to perfection, send it to; Shannon.Collishaw@carres.uk or Lucy.Ward@carres.uk via wetransfer.com or simply upload it to social media and forward the link to us. Follow the QR code on the front of this booklet, to enter the competition and to let us know where to find your video.

Once all submissions have been received, a judging panel will use the score sheet provided in this pack, to score your dance routines. The top five routines will be further broadcasted on twitter, the public will vote for their favorite routine and subsequently the winner of the twitter vote will receive a prize and could potentially compete at a county dance competition.

"The Dont's"

As this competition is virtual there are a few things that will not be accepted. Please avoid; songs that have swear words in, vulgar dance moves and anything that we would consider inappropriate. In this instance, the dances will not be considered and will be disregarded straight away.

Styles of dance

With this competition you have almost free reign of whatever style of dance you choose. Performers must choreograph and perform a dance reflecting how they currently feel. To get you started, CGS Outreach have provided videos on their social media platforms. Pick your style of dance, learn and copy the 8 counts provided for you and use these as a basis for your routine. We are also accepting Tiktok inspired routines. In terms of costumes and make-up, be as expressive and creative as you want; these are all factors that will help us visualise and understand your choreographed dance.

The choreography below is the first 8 counts that have been set for you. You must add on to this, creating a routine no longer than 1 minute in length. You can find the routines by scanning this code:
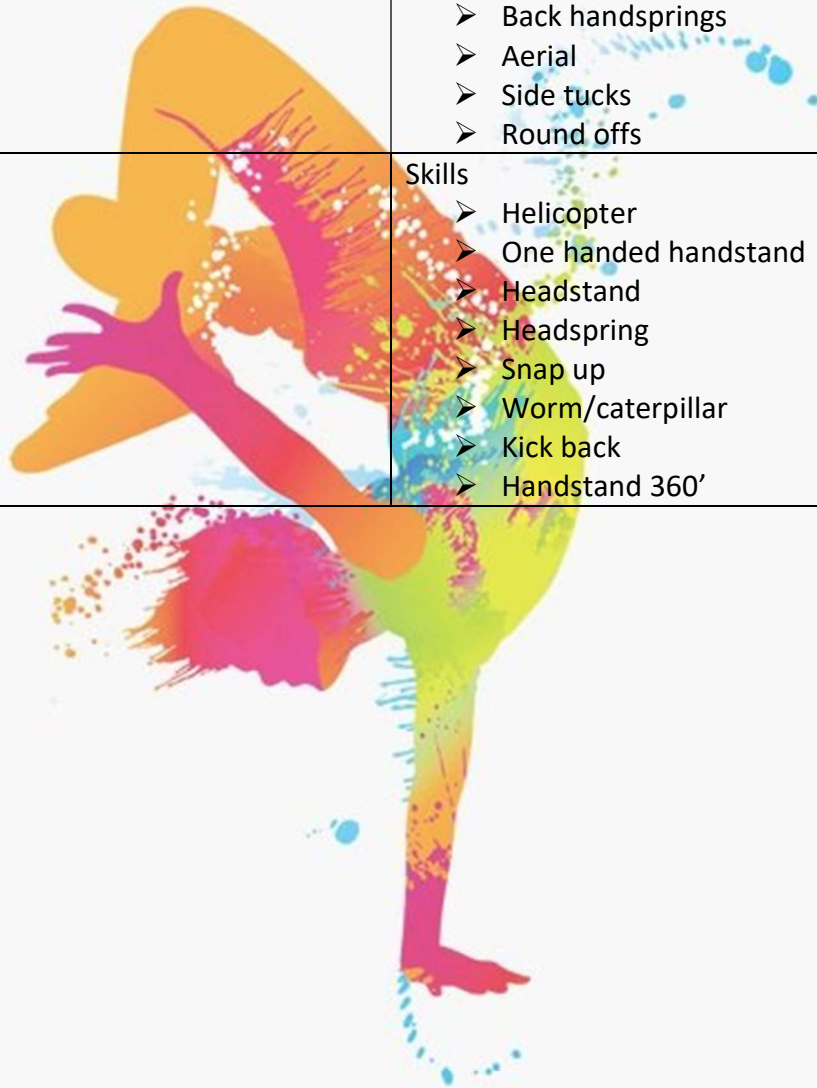

Or you can click on these links:

- **Pom** - **https://www.youtube.com/watch?v=BBCNiqJ-CsY**

- **Jazz** – **https://www.youtube.com/watch?v=tRi5IsBhC_Y**

- **Lyrical** – **https://www.youtube.com/watch?v=aG0m0rffu8U**

- **Hip-hop** - **https://www.youtube.com/watch?v=9YR-ePk6SMc**

Skills section

Type of dance	Skill

Lyrical and jazz	Jumps
	   ➢ Split leap
	   ➢ Switch leap
	   ➢ Stag jump
	   ➢ Barrell roll
	   ➢ Flying stag

	Tumble
	   ➢ Aerial – front and side
	   ➢ Walkovers - front and back
	   ➢ cartwheel

	Turns
	   ➢ pirouettes – single and double
	   ➢ pump turns
	   ➢ Pique turns
	   ➢ Open turns

Type of dance	Skill

Pom	Jumps
	   ➢ Split leap
	   ➢ Switch leap
	   ➢ Stag jump
	   ➢ Barrell roll
	   ➢ Flying stag
	   ➢ Tuck
	   ➢ Pike
	   ➢ Straddle

	Tumble
	   ➢ Aerial – front and side
	   ➢ Walkovers - front and back
	   ➢ Cartwheel
	   ➢ Dive rolls
	   ➢ Dance rolls

	Turns
	   ➢ Pirouettes – single and double
	   ➢ Pump turns
	   ➢ Pique turns
	   ➢ Open turns

Type of dance	Skill

Hip-hop/street dance	Jumps
	  ➤ Tuck
	  ➤ Pike
	  ➤ Straddle
	  ➤ Hurdler

	Tumble
	  ➤ Tucks
	  ➤ Back handsprings
	  ➤ Aerial
	  ➤ Side tucks
	  ➤ Round offs

	Skills
	  ➤ Helicopter
	  ➤ One handed handstand
	  ➤ Headstand
	  ➤ Headspring
	  ➤ Snap up
	  ➤ Worm/caterpillar
	  ➤ Kick back
	  ➤ Handstand 360'

Score Sheet

Choreography:

> **Musicality** - Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative and unique manner. - **/10**

> **Difficulty** - Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution. - **/10**

> **Appeal and appropriateness** - Ability to exhibit a dynamic routine with genuine showmanship and audience appeal, age appropriate music, costume and choreography that enhances the performance. - **/10**

Technique:

> **Style technique - /10**
>   - **Pom -** Quality of Pom motion Technique: placement, control, precision, strength and completion of movement
>   - **Hip Hop/street dance -** Groove and quality of authentic hip hop/street dance style movement, rhythm
>   - **Jazz -** Continuity of movement and quality of style, extension and presence/carriage
>   - **Lyrical –** Musical Interpretation, mood, control, originality, expressive movement, purpose.

> **Execution** - Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement. – **/10**

> **Movement proficiency** - Movement that has strength, intensity, placement, control, presence and commitment. – **/10**

Overall Performance:

> **Synchro with music -** Correct timing within team, groups, pairs and with the music. - **/10**

> **Uniformity of movement -** Movements are the uniform from each athlete: clear, clean and precise. - **/10**

> **Performance –** shows of correct emotion dependent on chosen style of dance. Are they dancers able to connect to the choreography that they have created. - **/10**

We cannot wait to see your routines! Don't forget to post it on to social media and tag us in it, or send it to us via email. Stay safe everyone and *keep dancing*!