

Dance challenges



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This week is all about being **active** and showing off your dance moves. Dance and music helps teach the importance of movement and fitness. It helps bigger muscle groups with co-ordination and strength. It is a great activity because anyone can do this.

For this challenge all you need is access to music. This can be done by Youtube clips (click links below or copy and paste). You can also use the Spotify app (free).

'Tik Tok' Challenge

Apparently 'Tik Tok' is a big deal.

Challenge:

Can you do these moves?

The APPS staff would LOVE to see them to brighten our day. Click on the links below to see the challenge



"Oh Na Na Na"

<https://www.youtube.com/watch?v=P6XKK-VFbSk>

'Fortnite' Challenge

The Fortnite craze continues.

Challenge:

Can you do these moves?

The APPS staff would LOVE to see them to brighten our day. Click on the links below to see the challenge



Professional dancers try Fortnite dances

https://www.youtube.com/watch?time_continue=42&v=8c5YY9DcoiE&feature=emb_title

'Git up' Dance Challenge

The Fortnite craze continues.

Challenge:

Can you do these moves?

The APPS staff would LOVE to see them to brighten our day. Click on the links below to see the challenge



Git Up Dance Challenge Tutorial

https://www.youtube.com/watch?v=KVn_RRj2sOw



Dance challenges

'Bring Sally Up' Challenge

The song 'Bring Sally Up' is a great song to do a repeated exercise with. You can change the exercise to different actions like squats, push ups, sit ups - or get creative as you like.

Challenge: Can you complete the 3 minute video?



"Bring Sally Up"

<https://www.youtube.com/watch?v=bql6slU2A7k>

'Just Dance' Challenge

'Just Dance' clips is a great go to for dancing videos.

Challenge:

Can you do these moves?

The APPS staff would LOVE to see them to brighten our day.



"Waka Waka This time for Africa"

https://www.youtube.com/watch?v=gCzgc_RelBA

'Dance Monkey' Challenge

One of my favourite songs that seems to be very popular.

Challenge:

Can you do these moves?

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Dance Monkey Challenge Tutorial

<https://www.youtube.com/watch?v=rNb53djljkw>