

Big Dance Schools Pledge: 100 Minutes of Dance



How to Take Part

Here are some ideas for activities that can count towards your 100 minutes of dance activity:

Show a dance film or learn a dance sequence from a film - South East Dance will be putting together a package of Dance Films you can screen and discuss with students.

School Assembly - Get the whole school involved! Use the theme of dance as a starting point for your assembly, you could focus on dance from different cultures, have a performance or teach a simple routine.

Dance Competition - Host a school dance competition and ask students to create their own choreography.

Dance Breakfast/lunchtime/afterschool Club - Run a dance club for the week or just one day. South East Dance can support you with what to include and how to structure these sessions.

Work with a local dance artist - Source a local Dance Artist to deliver a workshop with students.

Big Dance Ambassadors - Nominate a group of students to be the schools Big Dance Ambassadors to organise the week's activities.

Dance events and performances - Organise a disco or student DJ night at your school, or a trip to see a local dance performance.

Beat a Guinness World Record! - You can join schools worldwide by coming together and performing a short routine on your premises and performing the schools pledge routine that can be learnt online and taught to your students within the 100 minutes of dance activity. By doing this you can be part of attempting the world record to perform the biggest ever multi-location dance routine. For more info on the world record attempt please go to www.bigdance2010.com



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