

DANCE

SCHOOL
GAMES

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dance



DANCE

Spirit of the Games: Excellence through competition – how does your sport exemplify these values?



Individual and group dance performances encourage young people to be creative, innovative and passionate.



The judging criteria in dance is embedded into the competition to make it easy for young people to understand what their performance is being judged against. This helps performers improve, celebrate success, and respect the performances of others.



It is important in dance to be honest when evaluating the performance of others; and to be able to recognize good or outstanding performance.



Young people are able to develop self-belief through dance and understand the importance of their individual contribution to the overall performance.



Working together to choreograph and perform the best routine possible is important in dance. Dance is a team sport requiring collaboration and communication between young people.



All routines and movements require great determination from young people both in practice and performance.

What are the benefits of playing your sport?

The benefits of dance are multi-faceted, the most important being that it can be delivered anywhere and in any style. Dance has both physical and personal benefits for all young people:

- develops co-ordination, control, strength, stamina, mobility and flexibility
- provides enjoyment, motivation, aspiration and achievement
- develops creative thought and action
- develops self-confidence and self-esteem.

Why is it easy to run competitions in your sport?

This resource provides School Games Organisers with a robust Dance Competition Toolkit which is readily available for download at www.exercisemovedance.org/page/schools

This toolkit includes all paperwork required to deliver a high quality Level 2 and Level 3 Dance competition. In addition, a virtual dance competition can also be delivered by using the toolkit. Visit www.exercisemovedance.org/page/schools for more information.

Teacher Quality Assurance – EMDP can signpost and quality assure teachers and instructors to help schools prepare for their competitions. Visit www.exercisemovedance.org/page/schools for more information.

Support – EMDP are available for guidance and support through the schools@emdp.org email address.

Priority competitions:

Name of the competition: Everybody Dance Now! #StandAtTheFront

Age group: Key Stage 2 (year 5 and 6)
Key Stage 3 (year 7, 8 and 9)
Key Stage 4 (year 10 and 11)

- dancers compete in single gender or mixed gender teams across any age group
- teams should be made up of a minimum four dancers and a maximum of

30.

What Level/location:

Level 1 Intra-school Dance activity run by PE teachers, Heads of Dance and young leaders. **Level 2** A local inter-school festival with winners progressing to a **Level 3** county event.

Who runs it?

Level 2 – School Games Organisers, Heads of Dance (schools)
Level 3 – County LOC

All competition Levels are supported by the downloadable Dance Competition Toolkit found on the EMDP schools page.

How to enter it:

Level 2 – enter through your local SGO.

Level 3 – qualify through the Level 2 competition pathway.

When does it take place?

Flexible throughout the year as a stand-alone event. The suggestion is to run all Level 1 and Level 2 activity before the Level 3 County event.

Next steps in competition after this competition

Winners of the Level 3 competition can be invited to perform at the County Festival Days (which vary dependent on location) as the official opening ceremony performance. There is also further opportunity to compete in national pathways through EMDP partner organisations.

Relevant web links:

By following this link www.exercisemovedance.org/page/schools to the EMDP schools area you will find:

- the competition toolkit for all three Levels of the School Games
- plenty of other fun and informative resources and products you can obtain for your schools
- guidance on how EMDP can support you to know who to employ to teach and instruct activities in your schools and the qualifications and training that they should have.

Young Leader/Officials courses/qualifications available:

Intro to Dance Fitness

This hands-on two day training programme is aimed at 14-16 year olds who are keen to lead, motivate and inspire their peers through dance fitness. It combines essential theory knowledge and creative practical modules to provide students with the skills and understanding to plan and deliver engaging dance fitness sessions. Students also get the opportunity to enjoy a range of exciting masterclasses delivered by industry professionals.

This training provides a foundation for students to maximize future teacher training opportunities.

Interested in running this programme in your school or area? For more info visit

www.emdacademy.org/page/schools

Signposted competitions:

Additional competitive and performance opportunities exist to complement the Level 2 and 3 Schools Games pathway. Some examples are:

U.Dance Overview:

U.Dance is a national programme which supports event organisers to run high quality dance performances. It provides free resources to help manage dance events and certificates for the dancers. It also raises awareness nationally of the great performances that take place.

- all key stages and dance styles
- Level 2 and 3 events can be registered
- performances do not need to be competitive.

To register visit u-dance.org

UDOIT National Schools Championship Overview:

- age: 4+ both male and female
- events: duos, teams and workshops
- styles: Street Dance, Ballet, Tap, Jazz, Contemporary and Musical Theatre.

To register visit udoit.dance/schools

For more info on other member organisation competitions visit www.exercisemovedance.org/page/schools

What should schools do if they want to cater for Years 3 and 4?

Intra-school competition is a great opportunity for Year 3 and 4 children to gain the fundamental movement skills for Dance. The competition toolkit at Level 1 can be used to structure a competition for this age group. A variety of resources are available through EMDP to support primary aged children. www.exercisemovedance.org/page/schools

DANCE

Competition Card 1

Name of competition:

Everybody Dance Now!
#StandAtTheFront

Age group:

Key stage 2 (year 5 and 6)
Key Stage 3 (year 7 to 9)
Key Stage 4 (year 10 and 11)
Single gender and/or mixed for all teams.

How to enter:

Enter through your School Games Organiser

Tournament format:

Dance competitions can be run as regularly and as often as the demand for them is locally. The dance competition toolkit can be used to deliver competitions at Level 1, 2 and 3.

The toolkit contains the following supporting documents and can be downloaded at www.exercisemovedance.org/page/schools

- the basics of delivering a Level 1, Level 2 and Level 3 Dance Competition
- judges support pack – Judge 1, Judge 2 and Judge 3 score cards and judging criteria
- results calculator spreadsheet.



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Simple rules:

TEAM SIZE:

Minimum 4, Maximum 30 participants (single gender or mixed).

ROUTINES:

Routines can use any dance style. There is no limitation to the number of styles that are used within each routine.

Routines can be inspired by musicals, music videos, television or social media but it is encouraged that choreography is not plagiarised and must be applied and adapted into original content. Routines should be between 2 ½ and 4 minutes in duration.

PERFORMANCE SPACE:

Routines can be performed in any suitable space, e.g. sportshall, school hall or studio (theatre is NOT required). The performance area space should be 10m length x 7m wide but is flexible based on local need.

ROUTINE DESCRIPTION:

Teams are required to submit a short paragraph (max 150 words) detailing the inspiration and concept of the team's routine which will be used by the judges to score the categories.

MUSIC:

Music must be saved to MP3/4 format and be submitted to the competition organiser (SGO) well in advance of the event.

SCORING:

Each routine will be judged on the following four categories totaling 100 points:

1. Concept and soundtrack (10 + 5 points)
2. Choreography and Floor Use (20 +15 marks)
3. Performance Skill (20 points)
4. Overall impact (30 points)

Judges' criteria and score cards are available in the Dance Competition Toolkit www.exercisemovedance.org/page/schools

How can regularity be achieved?

A wide variety of competitive and participation opportunities exist within the EMDP partner organisation's network and its members. These opportunities are available to all young people and schools who want to continue participating and competing in dance.

More info can be found at www.exercisemovedance.org/page/schools

The Intro to Dance Fitness young leaders' award is an opportunity for schools to integrate self-sustainable student – led activity.

Relevant web links:

www.exercisemovedance.org/page/schools

Roles for young people:

Young people can take on a variety of roles at these events:

- Dance team leader
- Assistant stage coordinator
- Group coordinator
- Master of Ceremonies
- Results and registration assistant
- Media volunteer
- Events volunteer (staging and music)

How can depth in competition through extra teams be achieved?

All schools attending can bring as many teams as they wish. The team size caters for those schools with small and large teams.

Think inclusively!

The dance competition is fully inclusive and all performances and teams can be adapted to suit the needs of the individual performer and/or team. Some things to think about when making your competition more inclusive:

Space: alter the space to ensure all dancers have enough room to perform

Task: adapt the routine to ensure all dancers have the opportunity to perform to the best of their ability

Equipment: vary the music or props (if applicable)

People: vary the number of people in the team/group, allow young people to work with a partner to assist with individual moves and routines.

The route from here to Level 3:

Dance teams can progress to Level 3 through qualification in the Level 2 competition. The Level 3 competition is comprised of the same Judging Criteria and Competition Format as at Level 1 and Level 2. Level 3 competitions can take place at any time of year, as stand-alone events or as part of a multi-sport Level 3 county event. The Level 3 event should take place after all Level 2 competitions have been completed.