



SOUTH YORKSHIRE SCHOOL GAMES YEAR 7 DANCE COMPETITION

IN PARTNERSHIP WITH DANCE ACTION ZONE LEEDS

COMPETITION INFORMATION

Congratulations on entering the South Yorkshire School Games Year 7 Virtual Dance competition in partnership with [Dance Action Zone Leeds!](#)

DAZL is a 'dance and health charity which aims to improve health & wellbeing of disadvantaged & vulnerable children & young people aged 3 - 25 years through dance activity in Leeds. DAZL targets children & young people who lack access to positive activities or who are at risk of sedentary lifestyles."

By engaging in this competition, Year 7's will have the opportunity to get creative whilst being active and getting to know their new classmates!

HOW TO TAKE PART

- Groups of 3 - 12 Year 7's to create a dance routine. These can be Tik-Tok style or anything the students want to do! The song choice can be determined by the participants.
 - [Please click here](#) to watch the instructional video put together by DAZL and how to incorporate these and read the guidance in this document.
 - To submit the video, simply share the dance routines on Instagram or Twitter tagging in @DanceActionZoneLeeds (Instagram) / @DAZL_Leeds (Twitter) and @YorkshireSport (Instagram and Twitter) and using #SYSGDanceComp. **The deadline to submit videos in 4pm on Friday 12 February.**
 - The videos will be judged by the DAZL StreetGames Group and the winners will be announced on Friday 19 February. The winners will have the opportunity to take part in DAZL's next dance event and will be asked to perform their routine at our next South Yorkshire School Games Festival when they are back in the calendar!
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CRITERIA: WHAT SHOULD WE INCLUDE IN OUR DANCE?

In this competition we will be looking for a piece of dance that includes the following:

1. Minimum of 1min but maximum of 2min 30sec routine
2. A **variety of movement styles** such as street dance, hip-hop, cheerdance and more.
3. **Musicality** – Using the music to highlight specific moves, accents in the music with tricks, jump or gestures.
4. **Dynamics** – Does your choreography/ dance move from fast to slow, sharp to soft or high to low. You can show this by using **unison or cannon**.
5. **Formation** changes must be included to ensure the dance moves around the space.
6. **Timing** – Dancing in beat/ time with the music
7. **Overall performance** – Your choreography/ dance needs to have **energy!** This includes facial expression, full execution of movement, performing to the crowd and above all **HAVING FUN!**
8. **Inclusion** – Its important that every member of the group is included and that everyone has their moment to shine and voice heard. **#TeamWork**

We have prepared a short video which includes hints and tips for all the above criteria. Each of the elements above are then included in the scored sheet under the following categories. Each category is marked out of 10 with the highest score for a routine/ dance being 40.

EXAMPLE SCORE SHEET (USED BY JUDGES)

Name of group/school	VARIATION OF STYLES 10	MUSICALITY 10	DYNAMICS 10	OVERALL PERFORMANCE 10	TOTAL OUT OF 40

JUDGES NOTES:

TIPS FOR FORMATIONS

- Here are some examples of **formations** for you to include in your routine. It is important to include a variety of formation in your choreography/ dance as it helps make the piece travel. This also showcase all dancers, and create shapes, helping with #TeamWork.
- To change formation, we use something called a **TRANSITION**, this is the way you move from one formation into the next formation e.g. jog, forward roll, slide, keep this to a maximum of 8 counts. This will also help with musicality, timing and overall performance, creativity.

Below are some examples of dance formations you can create with 6 dancers. Why not work together to come up with some of your own?

Dance Formations with Six Dancers



TOP TIP – FORMATION, plan your formations for your team / group on a piece of paper and try to be a creative as possible.

CHOREOGRAPHY CHECKLIST – HAVE WE INCLUDED EVERYTHING?

- A minimum of 1 piece of music
- Showcase at least 2 different dance styles
- Formation changes
- Levels: High / Low
- Dynamics: e.g. fast / slow soft / sharp
- Musicality: using choreography / movement to highlight the music
- Use of canon and unison
- Showcase a variation of turns, jumps and leaps
- Break dance freeze or some other skill
- Performance!!!

TOP TIP OVERALL ROUTINE – Be as creative as possible and work together as a team!



COVID-19 NOTE

Please ensure when taking part in this competition, participants are abiding by their school's individual health and safety measures, social distancing policies and localised restrictions.

GOOD LUCK AND HAVE FUN!

If you need further support checkout the DAZL website www.dazl.org.uk or click on to the DAZL YouTube Channel www.youtube.com/dazldiamonds for hints and tips.