

# KEEP ACTIVE AT HOME WITH UDOIT DANCE FOUNDATION

It's really important we keep learning and keep active at home. If you have been given this task sheet, you are in for a super fun challenge that will give you new skills, get your body moving and we guarantee you will have a lot of fun!  
Please share your progress with your friends, family, teachers and also us @udoitdancefoundation

## Getting Started:

- Find yourself a room in the house with enough space to move without hitting any objects/ furniture
- Put on some comfy non- restricting clothes
- Use your smart phone/ tablet to scan the QR code, you can then airplay this video to your TV if you have the function to do so

## Learning Objectives:

- Participate in a 'follow me' style warm up
- Step through & participate in the street fitness routine to Juice by Lizzo (to the whole song)

## (1) Warm Up:



SCAN ME



## (2) Routine:

SCAN ME



## Street Fitness- 'Juice' by Lizzo

- 1) Participate in the warm up with Kane which includes lots of different street dance movements
  - 2) How did you find the warm up? Was it challenging as a follow me warm up without learning the movements first?
  - 3) Participate in the street fitness routine 'Juice'. This is for the whole song, so you don't have to learn each part fully, you can get an understanding of what movements will be coming and then follow Hannah.
  - 4) Did you enjoy this street fitness routine? Did you find it **EASY/ ABOUT RIGHT/ CHALLENGING/ TOO HARD**
- 3) Take a picture/ video of you doing the routine and send to your teacher