

A stylized, artistic illustration of an ice skater in a dynamic pose, rendered in shades of orange and red against a yellow background with splatters. The skater is positioned centrally behind the main title.

Dancing On ICE-OLATION

Scan or click here to enter!



Introduction

This is a booklet containing everything you need to know about our “Dancing on ice-olation” virtual event. It contains choreography, the score sheet and a list of the skills that you might consider using in your routine. This guide will help you to create a dance routine that suits you and reflects how you are currently feeling. Your local School Games Organiser or your PE Teacher will let you know when the deadline for submitting your routine is. Keep an eye on their social media for more info!

Format of the competition

This virtual competition allows you to choreograph and perform a dance style of your choice that lasts up to one minute. Once you have choreographed your routine to perfection, simply upload it and forward the link to us using this form ([click here](#)) or follow the QR code on the front of this booklet. If you are over 13, you can use your own social media but you'll still need to send us a link via the entry form.

Once all submissions have been received, a judging panel will use the score sheet provided in this pack, to score your dance routines and could potentially compete at a county-wide dance competition.

If you give us permission, we may share your routines on our social media platforms so that we can inspire more people to have a go... but that's up to you!

“The Dont’s”

As this competition is virtual there are a few things that will not be accepted. Please avoid; songs that have swear words in, vulgar dance moves and anything that we would consider inappropriate. In this instance, the dances will not be considered and will be disregarded straight away.

Styles of dance

With this competition you have almost free reign of whatever style of dance you choose. Performers must choreograph and perform a dance reflecting how they currently feel. To get you started, CGS Outreach have provided videos on their social media platforms. Pick your style of dance, learn and copy the 8 counts provided for you and use these as a basis for your routine. We are also accepting Tiktok inspired routines. In terms of costumes and make-up, be as expressive and creative as you want; these are all factors that will help us visualise and understand your choreographed dance.

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CHOREOGRAPHY

The choreography below is the first 8 counts that have been set for you. You must add on to this, creating a routine no longer than 1 minute in length. You can find the routines by scanning this code or pressing on it:



Or you can click on these buttons to jump straight to the routine starter:

HIP-HOP

JAZZ

POM

LYRICAL

Please check the Safeguarding advice here: <https://tinyurl.com/uea9f88> This will help you keep safe whilst using on-line technology.

Scan or click here to enter!



SKILLS 1

Skills section

Type of dance	Skill
Lyrical and jazz	Jumps <ul style="list-style-type: none"> ➤ Split leap ➤ Switch leap ➤ Stag jump ➤ Barrell roll ➤ Flying stag
	Tumble <ul style="list-style-type: none"> ➤ Aerial – front and side ➤ Walkovers - front and back ➤ cartwheel
	Turns <ul style="list-style-type: none"> ➤ pirouettes – single and double ➤ pump turns ➤ Pique turns ➤ Open turns

Type of dance	Skill
Pom	Jumps <ul style="list-style-type: none"> ➤ Split leap ➤ Switch leap ➤ Stag jump ➤ Barrell roll ➤ Flying stag ➤ Tuck ➤ Pike ➤ Straddle
	Tumble <ul style="list-style-type: none"> ➤ Aerial – front and side ➤ Walkovers - front and back ➤ Cartwheel ➤ Dive rolls ➤ Dance rolls
	Turns <ul style="list-style-type: none"> ➤ Pirouettes – single and double ➤ Pump turns ➤ Pique turns ➤ Open turns

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SKILLS 2

Type of dance	Skill
Hip-hop/street dance	Jumps <ul style="list-style-type: none">➤ Tuck➤ Pike➤ Straddle➤ Hurdler
	Tumble <ul style="list-style-type: none">➤ Tucks➤ Back handsprings➤ Aerial➤ Side tucks➤ Round offs
	Skills <ul style="list-style-type: none">➤ Helicopter➤ One handed handstand➤ Headstand➤ Headspring➤ Snap up➤ Worm/caterpillar➤ Kick back➤ Handstand 360'



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SCORE SHEET

Choreography:

- **Musicality** - Movement that complements the music accents, rhythm, tempo, phrasing, lyrics, style, etc. in a creative and unique manner. - /10
- **Difficulty** - Level of difficulty of movement such as tempo, weight changes, directional changes, connectivity, continuity, intricacy of movement, etc. Difficulty of skills being credited in relation to correct technical execution. - /10
- **Appeal and appropriateness** - Ability to exhibit a dynamic routine with genuine showmanship and audience appeal, age appropriate music, costume and choreography that enhances the performance. - /10

Technique:

- **Style technique - /10**
 - **Pom** - Quality of Pom motion; technique, placement, control, precision, strength and completion of movement
 - **Hip Hop/street dance** - Groove and quality of authentic hip hop/street dance style movement, rhythm
 - **Jazz** - Continuity of movement and quality of style, extension and presence/carriage
 - **Lyrical** – Musical Interpretation, mood, control, originality, expressive movement, purpose.
- **Execution** - Ability to demonstrate appropriate level skills with correct placement, body alignment, control, extension, balance, strength and completion of movement. – /10
- **Movement proficiency** - Movement that has strength, intensity, placement, control, presence and commitment. – /10

Overall Performance:

- **Synchro with music** - Correct timing with the music. - /10
- **Uniformity of movement** - Movements are uniform from each athlete: clear, clean and precise. - /10
- **Performance** – shows of correct emotion dependent on chosen style of dance. Are they able to connect to the choreography that they have created? - /10

We cannot wait to see your routines! Don't forget to post it on to social media and tag us in it.
Stay safe everyone and *keep dancing!*

Scan or click here to enter!

