

Our Healthy Year challenges: Daily dance

Our school is taking part in the Our Healthy Year challenges – they are a great way for your child to be fit and healthy and have fun!

This month's challenge is Daily dance. There are some activity ideas below. All you need to do is choose the activities that you and your family will enjoy the most. See how many you can do!

If you have an Our Healthy Year Passport then you can use it to record your activity.

Let's dance!



Daily dance

- Put on some of your favourite music and dance around the kitchen or in front of the bedroom mirror! Let your family take it in turns to choose a song.
- Have a party or a disco in your living room and invite your child's friends.
- Do an exercise or dance video together or use a dance mat.
- Make up a dance – you could base it on a theme such as different types of animal or dances from other countries.
- Suggest your child joins a dance club or school.
- If you are watching TV together, get up and dance during the adverts, or at the start and end of the programme.

