

PE HOME LEARNING CHALLENGE CARD

Challenge 8: Charleston Challenge



Brief

This week's PE challenge is a bit different! Over the past few weeks, the children in school have done a little bit of Charleston dancing. So this week, it's a strictly style challenge!

Watch the following clip to learn how to do a basic step <https://www.youtube.com/watch?v=Dq1c9sF0eAU> .

Once you have mastered the step, see how many you can do in a 60 second time limit!

Bronze - Do 15 steps in 60 seconds

Silver - Do 25 steps in 60 seconds

Gold - Do 35+ steps in 60 seconds.

Not able to see the clip?

If you are unable to access YouTube to learn the step, why not make up one of your own dance steps! Then, time how many you can complete in 60 seconds.

Can the people you live with beat your score?