JUST DANCE

EQUIPMENT:

- ‘Just Dance’ game, or access to the internet. TV or other screen to watch.

SET UP:

- Find a safe open space to play.

AIM OF THE GAME:

- To improve endurance, aerobic fitness, muscular strength, coordination, agility and flexibility.

HOW TO PLAY:

- The ‘Just Dance’ console game is a great way to play games whilst having loads of fun and exercising.
- Copy the moves on screen and earn scores by hitting the right moves in time with the moves on the screen.
- If you don’t have access to the game, go onto YouTube and search for ‘Just Dance Kids’ and plenty of videos will come up. Simply choose your favourite and copy the moves on the screen.
- If you don’t have access to the game or the internet (YouTube), simply put your favourite music on and just dance.
- To make it more exciting, play with a friend and try to beat each other’s high scores, or just have fun and dance together.