

ICE RINK CHALLENGE

NO-ICE FIGURE SKATING!



Figure skating is an Olympic sport where athletes skate around on ice doing spins and jumps to music. The name means making figures or patterns on the ice.

Imagine you are competing in a figure skating event, dream up your dance routine and perform this challenge to your favourite piece of music.

What do I need?

- Space
- Music
- Paper and Pen
- Imagination

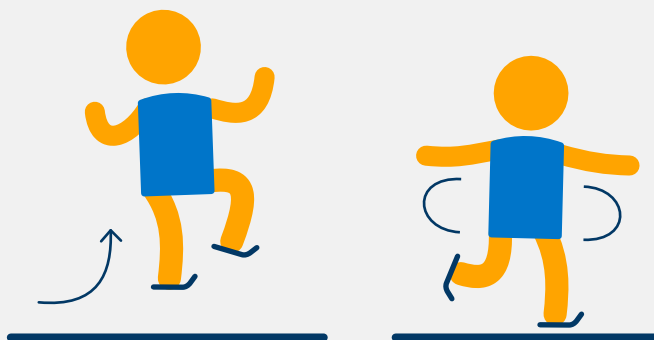
How long will it take?

15 minutes



What should I do?

1. Choose your favourite piece of music.
2. Close your eyes, listen and imagine you are on the ice.
3. Now find a space in your room.
4. Listen to the music and begin to move in time.
5. Think about what moves and poses you would make.
6. Begin to create your routine. It may help to have a pen and a piece of paper to write down the moves you choose in order, so you don't forget.
7. Try to include a jump.
8. Add a twisting move to your routine.
9. Next see if you can hold a balance for 5 seconds or more.
10. Find an audience (if your family are busy, why not line up your toys to watch your show?) and perform your routine!
11. Take a photo or video of your dance routine or pose.



Extra challenge

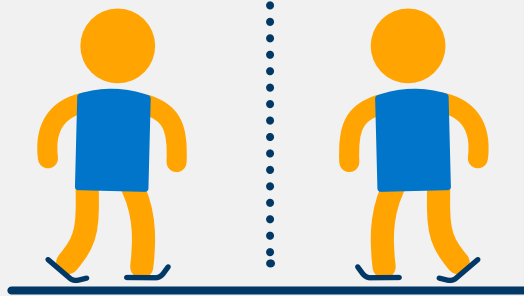
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Can you perform your dance with a partner (e.g. a family member)?

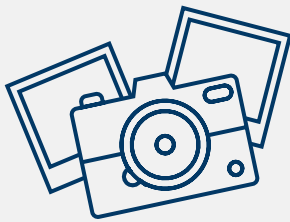
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Could you create a mirror routine to the music so one of you looks like the reflection of the other?

Watch this video for inspiration:
<https://youtu.be/zoFyUKE7zk4>



Take it further



Look online at some of the Olympic figure skaters of the past. Admire their costumes and then design one of your own!

You could take photographs of your costume!

Share with us

Share your photos or videos on social media or by email

 @GetSetCommunity

 @GetSetClub1

 @GetSetClub

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