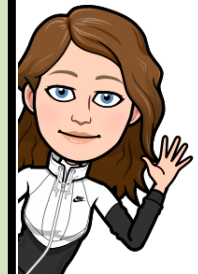
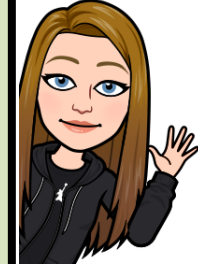
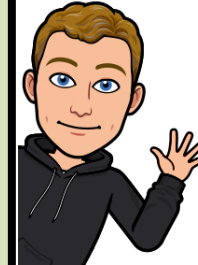
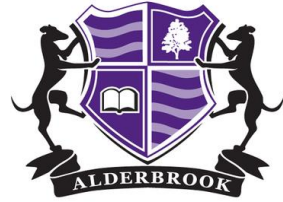
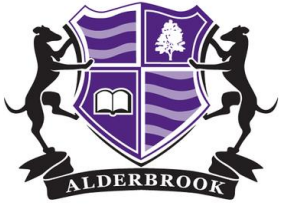


ALDERBROOK PE DEPARTMENT – INSIDE OUT DAY



Sofa Dance Challenge

Calling all pupils, parents and staff!

Time to get away from those screens get active, creative and have some FUN by creating a dance sitting on your SOFA!

Your sofa dance needs to be:

- 20 -40 seconds long
- Performed to ' I've got Faith' by Stevie Wonder ft. Arianna Grande
- Performed on a sofa or arm chair



Check out The Sofa Dance produced by the BBC on YouTube if you need inspiration.



Submit your creation to

insideoutday@alderbrook.solihull.sch.uk

(please be aware that videos sent in, may be published on the school website)

Reminders

Make sure you have:

- Plenty of **space** to complete the practical exercise.
- Ensure actions are safe and don't risk injury
- Changed into suitable, **practical clothing**.
- Have access to a **water bottle**.

