

## A-Z School Games Challenge

### Z- Zumba

#### Challenge – Dance Move Generator

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @ThinkActiveCSW

## Dance Move Generator

**Zumba** is a form of **dance** based on **high-tempo** Latin-American inspired dance moves.

Each year, School Games Organisers (SGOs) across the UK hold **dance competitions** for pupils to showcase their talents.



For the final day of the School Games A-Z Challenge, we would like you to see you create your own **Zumba dance routine**.

**A few rules:** it has to be high-tempo enough to raise your heart rate, and you should practice and complete your routine in the **brightest clothes** you can find - to really channel the Latin-American Zumba style!

**Step 1** – Choose your favourite upbeat song

**Step 2** – Create 5 of your own high tempo (fast) dance moves

**Step 3** – Put your dance moves together and repeat throughout the song you have chosen

We would love to continue to see your A-Z Challenge efforts, so please video your routines and share them on Twitter using #StayInWorkOut



### Did you know:

**Zumba** was created by Colombian dancer and choreographer **Alberto "Beto" Pérez** during the 1990s, and is currently one of the most popular workout options worldwide. A Zumba class typically combines **high-energy** Latin-inspired dance moves with traditional aerobic exercises, and is composed using all or some of the **16 core steps**. There are 4 basic rhythms: salsa, reggaeton, merengue and cumbia, and each basic rhythm has 4 core steps.

Zumba is considered a form of **interval training**, bringing both cardio and strength training into one programme. Faster songs are used to really get your heart rate going, and slower songs for are used to focus on toning movements.

Zumba is a **fun and inclusive way of exercising**, and is one of the most versatile fitness workouts, as classes can be geared to any age, fitness, or ability level.

Pitbull, Daddy Yankee and Wyclef are just a few examples of some of the award-winning artists who are creating music exclusively for Zumba.



Thank you for following our School GAmEz A-Z challenge over the last few weeks, we hope you have enjoyed it!

Look out for our County Wide virtual competitions launching Monday 11<sup>th</sup> May, a great opportunity to compete and represent your school - <http://www.thinkactive.org/cyp/school-games-virtual-challenge/>

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