Creative Choreography Challenge

Benefits of Dancing

Dancing is a great and fun form of exercise! Dance can increase your flexibility, range of motion and muscular strength. It also contributes to the health of your heart and lungs, which improves your overall health and can help with sports and other activities in school and beyond...

Exercise like dance has even been found to improve the areas of the brain that control memory, planning and organisation. The brain power you use for dance requires you to focus on constant changes in movement and recall moves and sequences. The determination and dedication you apply to perfecting a dance routine are important life skills that can have a positive impact in other areas of your life.

There are many different styles of dance, and each one encourages you to be creative and express yourself. There are plenty to choose your favourite moves from! There's something about busting a move to your top tunes that seems to take all of your worries away. Letting loose while dancing can even reduce stress and improve your wellbeing and self-esteem!

So, show us what you've got...Create your own choreography!

Make a TikTok style dance video for a song of your choice. You can upload your video (or the bloopers!) to **layasupertroopers.ie** for a chance to feature on Laya Super Troopers TV!

Dancing Tips

1. Remember to have fun – this is one of the most important things to do when dancing!

2. Let go of any insecurity or fear – dance like nobody's watching, literally.

3. Practise makes perfect – don't be discouraged if you don't learn your routine off by heart straight away. These things take time!

4. Consider watching videos online and try following along with them. YouTube and TikTok are home to loads of free videos you can watch to learn how to do your favourite moves!

Check out
layasupertroopers.ie
for more fun tips
and activities!

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