

Working in partnership with



Girlguiding
Cymru



INSPIRE | ENGAGE | EMPOWER
MAKING STREET DANCE ACCESSIBLE FOR ALL



Street dance challenge



Girlguiding
Cymru



A challenge for all members

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To learn more about UDOIT! Dance visit

 udoitdance.co.uk

**Welcome to the Girlguiding Cymru Street
Dance Challenge pack
in partnership with UDOIT! Dance Foundation**

Thank you for downloading our challenge pack.
We are really excited to release our Street Dance challenge pack which has been produced by Girlguiding Cymru and UDOIT! Dance Foundation.

In this pack there are challenges suitable for all sections.
You can do these at home or in your unit meetings.

Not only will you learn about street dance and complete the activities in the pack, but you can also earn yourself an exclusive Street Dance Challenge badge.

Our aim is to work together to provide Girlguiding Cymru members with the opportunities and experiences to learn more about street dance in a fun, accessible and energised way.

We'd love to see pictures of you completing the challenges!
Please send them to us at lisa@girlguidingcymru.org.uk



Who are UDOIT! Dance?

Set up in 2014, UDOIT! Dance Foundation is focused on ensuring that every young person has the opportunity to access street dance. Giving every young person the chance to experience the power Street Dance can have on their physical & mental health through community clubs, school provision, competition & leadership opportunities.

What are the main aims of UDOIT! Dance Foundation?



The UDOIT! Dance Foundation slogan is to “Inspire, Engage and Empower – Making Street Dance Accessible For All.” They believe in giving disadvantaged children the opportunity to participate in, and benefit from Street Dance as way of becoming active and building confidence and self esteem.

UDOIT! aims to ensure that dance is a diversionary tool that helps to re-engage young people back in to education, assist with reducing offending and re-offending rates, reduce truancy (especially from PE lessons) and provide physical activity for young people to keep them healthy, both mentally and physically.

To learn more about UDOIT! Dance visit

 udoitdance.co.uk



UDOIT! Dance sessions

UDOIT Dance is offering street dance sessions to Girlguiding Cymru groups across Wales. The sessions will be delivered by UDOIT's experienced and qualified instructors, and will cover a variety of street dance styles, including hip hop, funk, and jazz.

Areas covered by UDOIT! Dance deliverers

The sessions are designed to be fun and engaging, and will help girls to develop their confidence, coordination, and fitness.

These sessions are not required to earn the badge but will enhance the learning experience.



To book a session

[Click here](https://udoitdance.co.uk)

Or email:
Caitlin@udoitdance.co.uk

To learn more about UDOIT! Dance visit

 udoitdance.co.uk



Badge Info

Below is the challenge badge criteria of how you can take part in the Street dance challenge.



Rainbows 4-7
5 challenges



Brownies 7-10
6 challenges



Guides 10-14
7 challenges



Rangers and YL
8 challenges



Inspire 18-30 and Leaders 18+
8 challenges



Challenge section



#1 All about the style

Design your own street dance crew outfit or costume or use the colouring sheet to express your inner stylist with colours. You can find templates and colouring sheets in the resource section.

Inspiration



Remember

Remember that everyone in your street dance crew has the right to feel confident in your design. Your crew does not need to be identical, you can adapt designs for different body types.



**This
challenge
is for**

**All
sections**

#2 It's all in the name!



For this challenge, you will need to get your thinking cap on and give your crew a cool name! You can do this alone or in a team. You can print this sheet out as a worksheet if you wish.

Ideas

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Shortlist

<input type="text"/>
<input type="text"/>
<input type="text"/>

Final name



 **Remember**

Try to find out the names of existing famous street dance crews and steer away from those. Originality is important!



#3 Watch big Kris

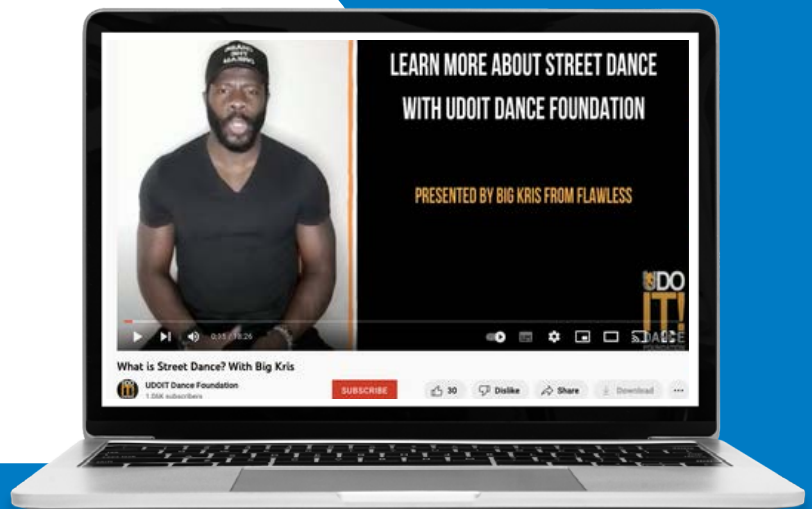
For this challenge watch the Big Kris 'what is street dance' video on the UDOIT Dance Foundation YouTube channel.

After

When you have watched the video, tell your leader three things that you learnt.



Click [here](#) for the video



Remember

If you are doing this challenge at home make sure that you have permission from a parent or guardian to use YouTube before watching the video.

youtube.com/UDOITDanceFoundation





#4 Let's get quizzical

1 What street dance crew is Big Kris from?

2 What's the name of the talent show mentioned in the video?

3 Name a style of street dance.

4 Where did Locking start?
Options: California, Cardiff or New York

5 What was the name of the club that 'house' was named after?
Options: Greenhouse, warehouse or outhouse





#5 Let's get quizzical

- 1 List 3 of the street dance jobs Big Kris mentions.
- 2 What was the name of Flawless' main competition?
- 3 What is Street Dance?
- 4 List 3 places where Street Dance was developed.
- 5 What style of dance is known as the 'Party Dance'?
- 6 Which style got its name from a fashion magazine?



This challenge is for



#6 Dance in colour

Using the colouring sheets found on page 37, colour in the street dance styles.



This challenge is for



#7 Word search

Find the street dance styles in this word search

**FREESTYLE
HIPHOP
VOGUEING
POPPING
HOUSE**

**BREAKING
LOCKING
GROOVE
CHARACTER
INDIVIDUALITY**

X	H	U	U	B	R	R	C	W	R	X	Q	U	U	R	C	G	E	C	V	K	T	O	J	T
H	U	D	P	Y	Q	F	H	J	C	U	T	R	D	B	L	R	A	M	X	G	Z	W	U	O
L	Y	L	L	G	U	R	L	I	R	T	Z	I	R	W	A	O	U	R	L	R	G	G	C	E
N	G	M	Z	J	I	E	X	I	P	O	M	H	N	T	Y	O	Q	P	T	B	W	P	W	R
V	I	X	F	V	I	E	V	M	P	H	D	C	K	D	Z	V	L	I	M	N	Z	A	Q	H
X	L	W	Y	V	R	S	J	I	B	S	O	G	C	B	I	E	U	Y	F	Q	H	W	G	E
T	O	V	R	Q	W	T	S	X	T	K	S	P	B	D	R	V	A	G	D	L	T	T	I	A
C	C	X	S	U	S	Y	K	Y	A	W	X	L	N	X	W	E	I	X	R	N	G	Y	J	F
F	K	N	Z	E	H	L	G	K	E	S	I	A	T	C	Y	M	A	D	U	T	C	S	H	C
Z	I	I	Y	Q	U	E	B	K	U	C	L	F	C	U	S	W	K	K	U	F	Q	F	C	S
I	N	U	X	F	B	Q	K	D	O	C	I	R	Z	C	E	R	H	Q	I	A	V	B	E	S
O	G	T	X	Y	A	C	H	W	G	Q	A	C	X	H	V	Z	I	G	Q	N	L	F	O	E
C	M	G	L	N	H	M	T	C	F	L	T	L	Y	A	P	R	O	A	N	E	G	I	Q	N
D	O	S	C	C	P	U	E	F	J	V	G	L	T	R	U	N	P	F	X	D	K	O	T	G
T	K	M	S	D	H	W	W	V	X	L	R	K	W	A	O	S	X	L	O	L	H	G	H	Y
S	X	R	O	W	I	J	N	C	G	X	R	Z	U	C	G	D	W	M	Z	W	B	S	O	S
E	N	I	G	V	H	O	K	N	K	K	O	M	X	T	D	P	Y	E	J	W	P	V	U	S
E	R	F	K	X	O	G	B	H	M	F	J	C	Z	E	N	O	V	D	S	O	X	L	S	K
U	Y	E	B	O	U	G	B	T	E	M	W	Y	P	R	B	P	X	M	R	C	G	A	E	C
A	L	H	S	C	C	E	U	M	D	L	C	J	W	Q	Q	P	L	V	O	A	L	H	J	R
J	M	X	Q	I	T	M	W	I	E	L	B	W	D	Q	E	I	G	C	Z	N	J	J	X	V
X	T	O	P	Q	O	S	W	H	N	W	T	E	E	L	R	N	Y	L	J	E	B	X	W	U
T	N	M	J	R	G	P	U	J	L	G	M	T	C	J	S	G	R	B	V	F	E	A	X	Z
W	B	K	I	Y	J	L	X	E	N	Q	Z	S	C	V	S	U	T	Z	L	G	L	I	Y	K
B	U	Z	W	Q	W	U	D	J	F	J	E	I	B	W	U	V	P	T	D	R	L	E	Q	Z

This challenge is for



#8 Match me!

Match the UDOIT! Dance Foundation deliverers' to their favourite dance style.

Activity number 8: resource sheet

House Popping Breaking

Waacking Commercial

Page 37



This challenge is for



#9 Decades game

Match the Street Dance style to the year it started.

Breakdancing

Popping

Voguing

Hip-hop dancing

Uprock

Locking

1980's

1990's

1970's

1970's

1960's

1970's





#10 Dance styles

Research a dance style and find out where it came from or originated.

You can also find out about the founders of the styles and types of music it uses.

Create a collage, short video or powerpoint to show this.



Waacking



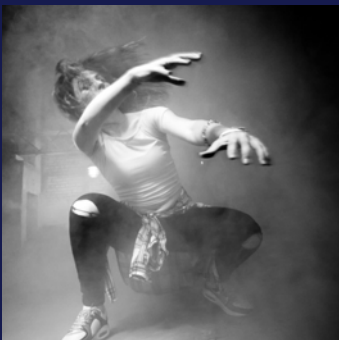
Breakdancing



Popping



Voguing



Hip-hop



Up-rock



Locking

Learn more about the street dance styles [here](#)



This challenge is for

All sections

#11 Video star

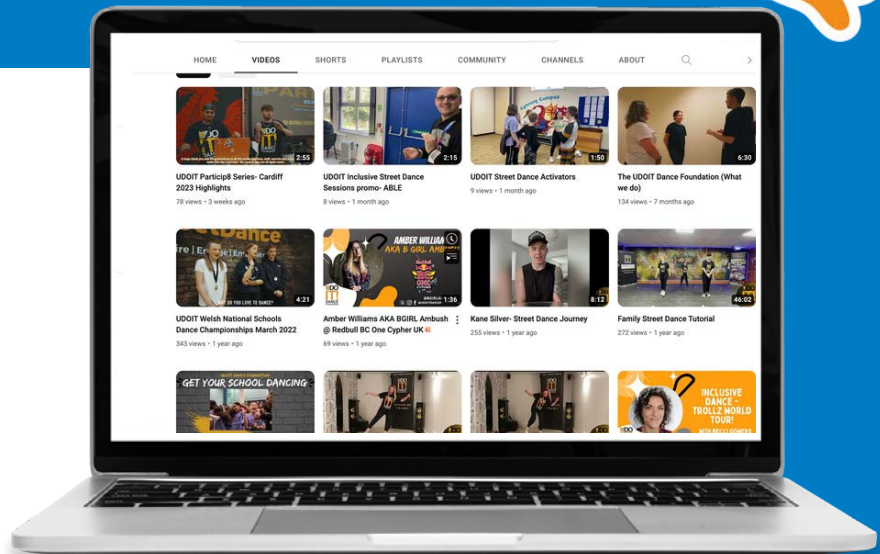
Use the UDOIT Dance Foundation YouTube Channel to learn Street Dance moves e.g. Bart Simpson, CC Step, Farmer, etc.

After

After the video, show someone the moves you have learnt. You can do this as a solo or group dance.



Click [here](#) for the videos



Remember

If you are doing this challenge at home make sure that you have permission from a parent or guardian to use YouTube before watching the video.

youtube.com/UDOITDanceFoundation



This challenge is for



#12 Match a move

Match the move to the dance style it's often used in.

Running Man

Butterfly

Jack in the box

Duckwalk

Alpha

Freezing

Locking

Hip Hop

Voguing

House

Breaking

Dancehall

Draw a line to connect your answers.
Check to see how you have done using the answers section.



This challenge is for



#13 Write a move

After you have completed activity 11, write down 4 moves you learnt and guess which Street Dance style it's often used in.



This challenge is for



#14 Let's get quizzzy!

Print out the sheet for your section. These can be found in the resources section. Ask each girl to share their dance facts.



This challenge is for



#15 Let's get quizzy!

Print out the sheet for your section. These can be found in the resources section. Ask each girl to share their dance facts.

My dance facts

Name: _____
Unit: _____

Who is your favourite dancer?

How many Street Dance styles are there?

What are the benefits of dance?
Physical _____
Mental _____
Social _____
Personal _____

What is your favourite style of dance?

Would you enjoy performing a dance routine you created with your friends?

Rangers
Girlguiding Cymru

Drawing of me dancing



#16 Video dance star

Using the UDOIT Dance Foundation YouTube Channel choose one of the following street dance styles and use one of Jack Bruce's "Introduction to" videos and start learning!

- Locking
- Popping



Click here for the videos



 After









After the video, show someone the moves you have learned. You can do this as a solo or group dance.

 youtube.com/UDOITDanceFoundation



#17 Top 4 moves

List the four different moves Jack taught you during the video



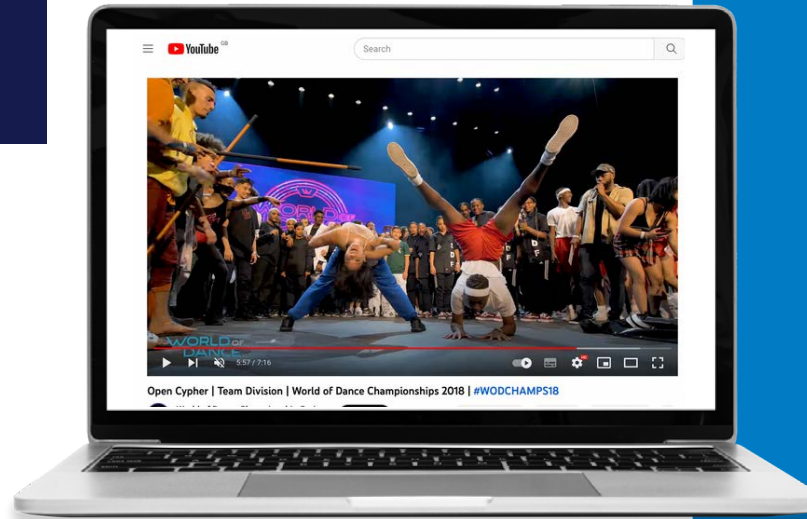
This challenge is for

All sections

#18 Cypher circle

A cypher is freestyle dance jam where a circle of people is created and people take turns dancing in the centre.

©World of dance Youtube channel



Step 1: Watch one of the open cypher videos below.

[Video 1](#) [Video 2](#)

Step 2: Chat in a group about how you could help your friend who has only just started dancing feel confident enough to participate in the cypher.

Step 3: Using the skills you have learnt, try and create a cypher in your unit.



This challenge is for



#19

Matching game

Match the street dance terms to their descriptions.

Cypher

Dancers will freestyle in front of the judges.

Battle

Expression used to instruct the DJ to start playing the music.

B-Girl

Street speak for super; something new, something original.

Drop the beat

Derived from Swagger. Having confidence; possessing style or panache.

Fresh

A young woman who is involved with breakdancing.

Swag

A circle of street dancers.

Draw a line to connect your answers.
Check to see how you have done using the answers section.



This challenge is for

All sections

#20 Choice time

Choose your favourite Street Dance style and use the UDOIT Dance Foundation YouTube channel to learn a beginner routine in this style.

Hip-Hop

Commercial

Street

House

Breaking

Locking



Click here for the videos



Remember

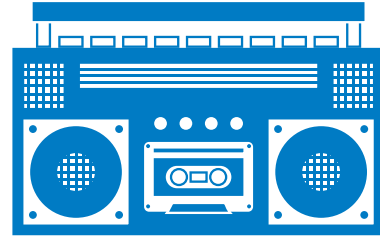
If you are doing this challenge at home make sure that you have permission from a parent or guardian to use YouTube before watching the video.



youtube.com/UDOITDanceFoundation



#21 Create a crew



Now it's time to become your own street dance crew!! In your unit or groups of 4+ dancers, give your crew a name and individual names and choose the street dance style you'd like to perform.

Crew name

Crew member names

Style of dance

Song choice



This challenge is for



#22 Choreo queens

Using the UDOIT Dance Foundation YouTube channel for guidance create your own 5 move street dance routine in your chosen style.

Fancy a challenge? -Add a starting pose and finishing pose.



Locking

Street

Hip-Hop

Commercial

House

Breaking



Remember

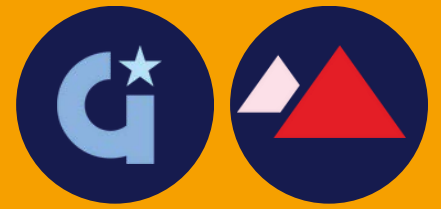
If you are doing this challenge at home make sure that you have permission from a parent or guardian to use YouTube before watching the video.

youtube.com/UDOITDanceFoundation



Girlguiding
Cymru

This challenge is for



#23 Choreo queens

Create your own street dance routine lasting at least 1 minute in your chosen style.

Use the UDOIT Dance Foundation YouTube channel for inspiration if needed!



Locking

Street

Hip-Hop

Commercial

House

Breaking



Remember

If you are doing this challenge at home make sure that you have permission from a parent or guardian to use YouTube before watching the video.

youtube.com/UDOITDanceFoundation



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Cymru

**This
challenge
is for**

**All
sections**

#24 The last dance

Now you've created your final routine, all that's left to do is perform.

In your crew perform your street dance routine to an audience. You can perform to either the rest of the unit or to parents or guardians if confident enough.

With a little planning, you can turn a street dance performance into a successful fundraiser. By raising money for your unit, you can increase your confidence and have a lot of fun in the process.

Here are some tips for organising a successful street dance fundraiser:

- **Choose a date and time that will work for your unit.**
- **Promote your event through social media, flyers, and word-of-mouth.**
- **Offer incentives for donations, such as raffle tickets or free dance lessons.**
- **Make sure that your dancers are well-rehearsed and excited to perform.**
- **Make dance themed cupcakes or biscuits to sell.**
- **Have fun and enjoy the experience!**



Resource Section

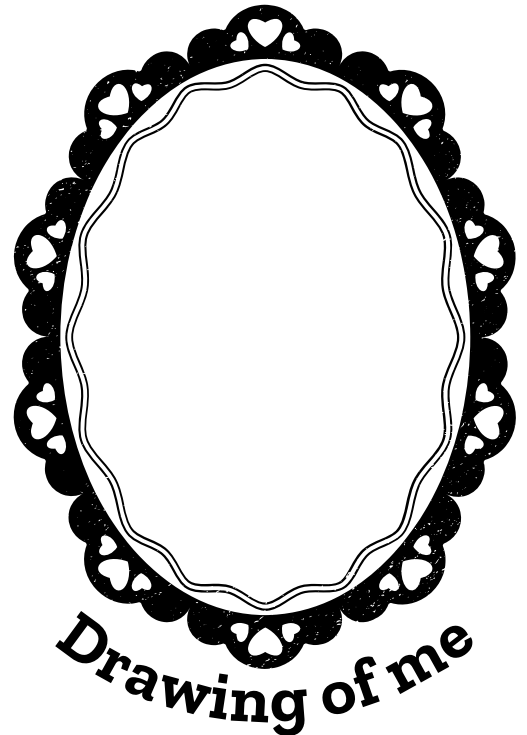


My dance facts

Name: _____

Unit: _____

Have you ever danced before this challenge?



What is your favourite style of dance?

How old do you need to be to dance?

Does dance make you happy?



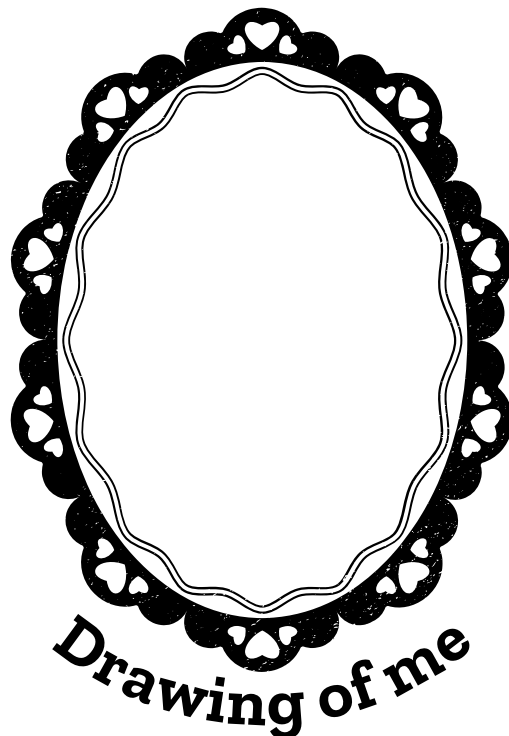
Would you enjoy making up a dance routine with your friends?

My dance facts

Name: _____

Unit: _____

Have you ever danced before this challenge?



What is your favourite style of dance?

How old do you need to be to dance?

Does dance make you happy?



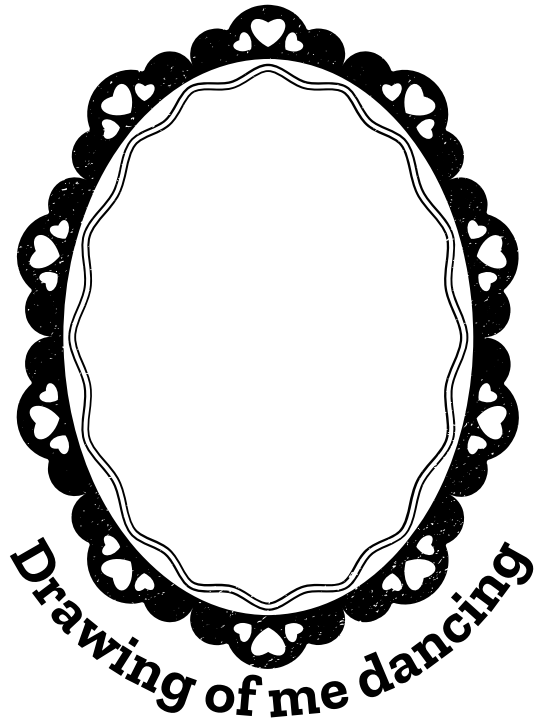
Would you enjoy making up a dance routine with your friends?

My dance facts

Name: _____

Unit: _____

Who is your favourite dancer?



How many Street Dance styles are there?

What is your favourite style of dance?

What are the benefits of dance?

Physical _____

Mental _____

Social _____

Personal _____

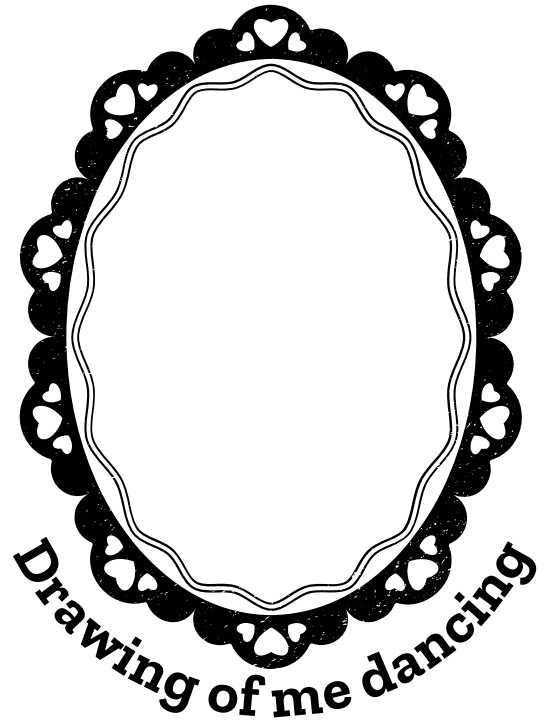
Would you enjoy performing a dance routine you created with your friends?

My dance facts

Name: _____

Unit: _____

Who is your favourite dancer?



How many Street Dance styles are there?

What is your favourite style of dance?

What are the benefits of dance?

Physical _____

Mental _____

Social _____

Personal _____

Would you enjoy performing a dance routine you created with your friends?

freestyle

hip-hop

popping

locking



house

breaking

Activity number 8: resource sheet



Kennedy



Ebony



Chris



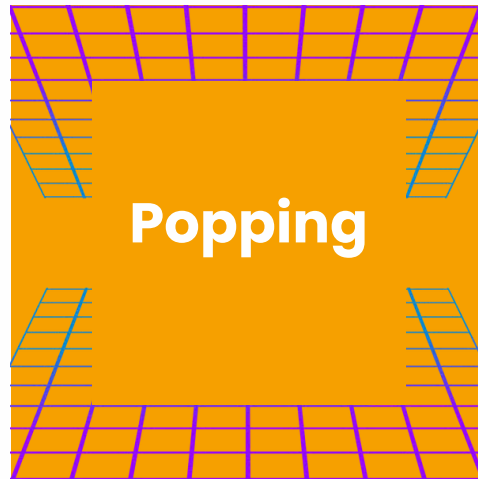
Vicky



Jalisa



House



Popping



Breaking



Waacking



Commercial

Activity number 9: resource sheet



Breakdancing



Popping



Voguing



Hip-hop dancing



Uprock



Locking



1980's



1990's



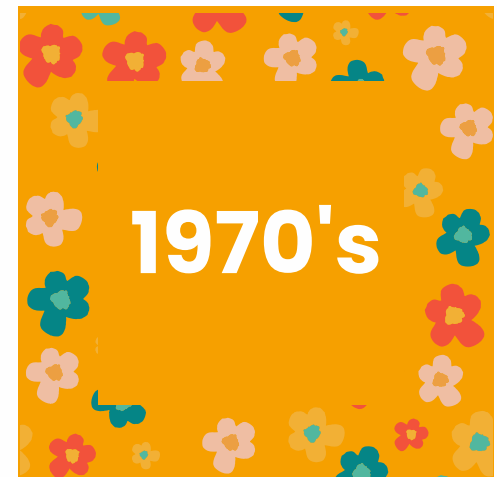
1970's



1970's



1960's



1970's

Answer section



Word search answers

X H U U B R R C W R X Q U U R C G E C V K T O J T
H U D P Y Q F H J C U T R D B L R A M X G Z W U O
L Y L L G U R L I R T Z I R W A O U R L R G G C E
N G M Z J I E X I P O M H N T Y O Q P T B W P W R
V I X F V I E V M P H D C K D Z V L I M N Z A Q H
X L W Y V R S J I B S O G C B I E U Y F Q H W G E
T O V R Q W T S X T K S P B D R V A G D L T T I A
C C X S U S Y K Y A W X L N X W E I X R N G Y J F
F K N Z E H L G K E S I A T C Y M A D U T C S H C
Z I I Y Q U E B K U C L F C U S W K K U F Q F C S
I N U X F B Q K D O C I R Z C E R H Q I A V B E S
O G T X Y A C H W G Q A C X H V Z I G Q N L F O E
C M G L N H M T C F L T L Y A P R O A N E G I O N
D O S C C P U E F J V G L T R U N P F X D K O T G
T K M S D H W W V X L R K W A O S X L O L H G H Y
S X R O W I J N C G X R Z U C G D W M Z W B S O S
E N I G V H O K N K K O M X T D P Y E J W P V U S
E R F K X O G B H M F J C Z E N O V D S O X L S K
U Y E B O U G B T E M W Y P R B P X M R C G A E C
A L H S C C E U M D L C J W Q Q P L V O A L H J R
J M X Q I T M W I E L B W D Q E I G C Z N J J X V
X T O P Q O S W H N W T E E L R N Y L J E B X W U
T N M J R G P U J L G M T C J S G R B V F E A X Z
W B K I Y J L X E N Q Z S C V S U T Z L G L I Y K
B U Z W Q W U D J F J E I B W U V P T D R L E Q Z



Quiz answers

Challenge number 4

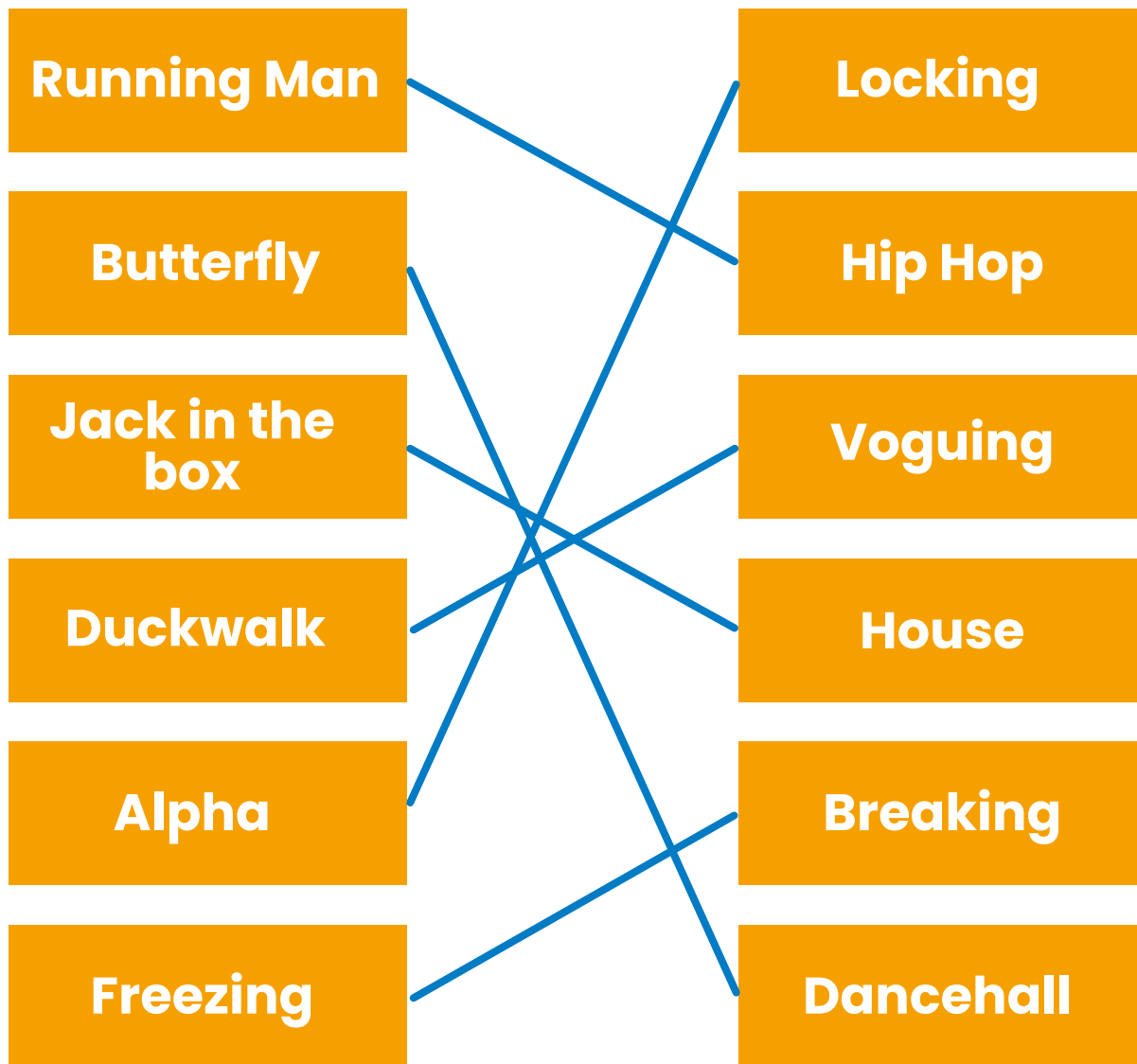
1. What Street Dance crew is Big Kris from? **Flawless.**
2. What's the name of the talent show mentioned in the video? **Britain's got talent.**
3. Name a style of Street Dance. **List here**
4. Where did Locking start? Options: California, Cardiff or Paris? **California.**
5. What was the name of the club that 'House' was named after? Options: Greenhouse, **Warehouse** or Outhouse

Challenge number 5

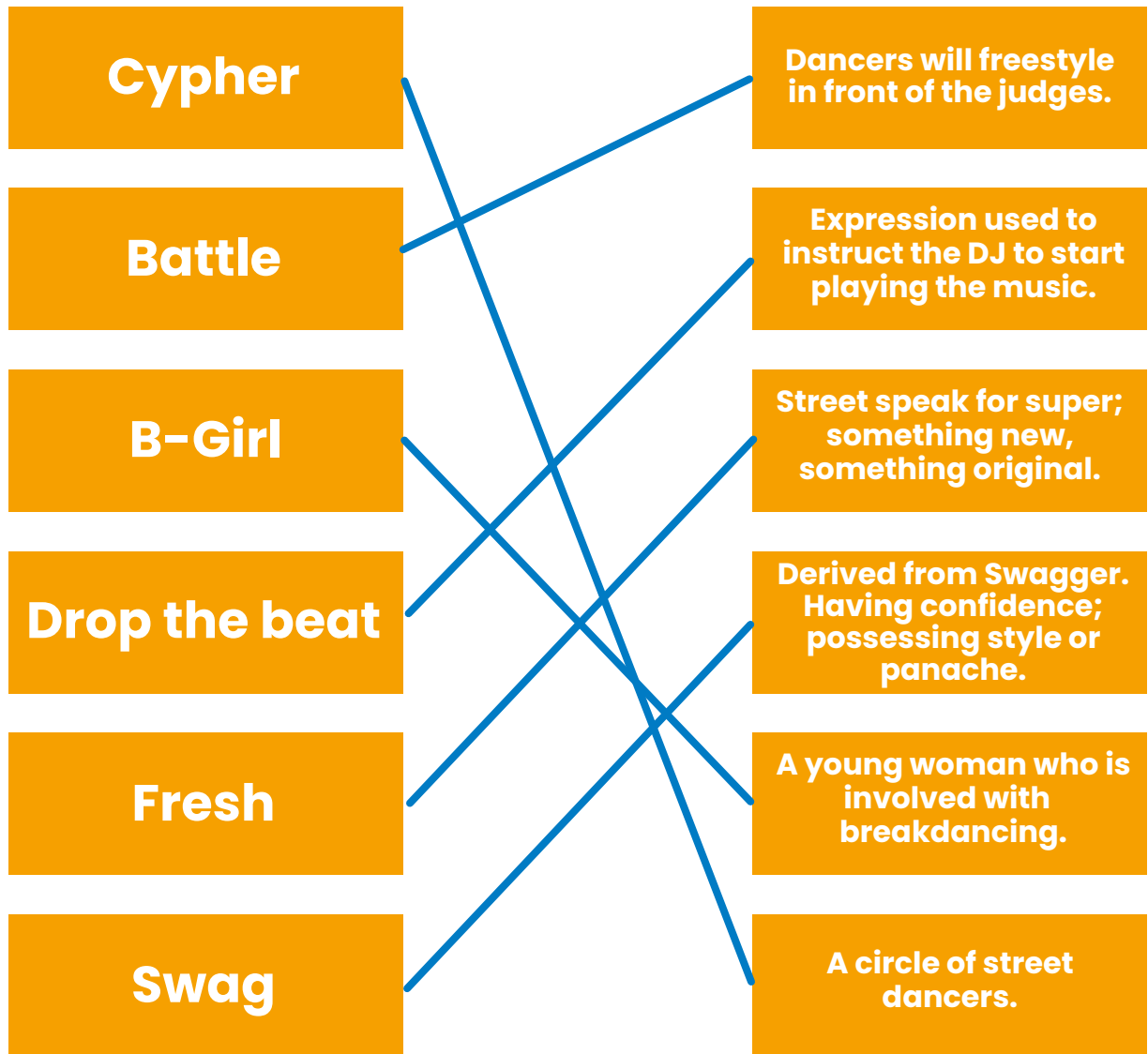
1. List 3 of the street dance jobs Big Kris mentions. **Dance instructor, choreographer, dancer.**
2. What was the name of Flawless' main competition? **Diversity.**
3. What is Street Dance? **A style of dance involving a variety of moves, which is popular with young people and often developed in public spaces such as streets, and clubs.**
4. List 3 places where Street Dance was developed. **NYC California and UK.**
5. What style of dance is known as the 'Party Dance'? **Hip-hop.**
6. Which style got its name from a fashion magazine **Voguing.**



Match a move answers



Matching game answers



Badges sharing and certificates



How to order the badge

Once you have completed this challenge pack, either on your own or with your unit, please visit the Girlguiding Cymru on-line shop to order your street dance challenge badge.



www.girlguidingcymru.org.uk/shop



We'd love to see pictures of you completing the challenges!
Please upload your pictures on social media and use
the hashtag:

#dancegirlguidingcymru



Our Socials



@udoitdancefoundation



@DanceUDOIT



@udoitdancefoundation



@udoit_dancefoundation



@GirlguidingCymruWales



@guidingcymru



@guidingcymru



@girlguidingcymru



This certificate is presented

to

Of

For completing the

Girlguiding Cymru Street dance challenge

Leader

Date



This certificate is presented

to

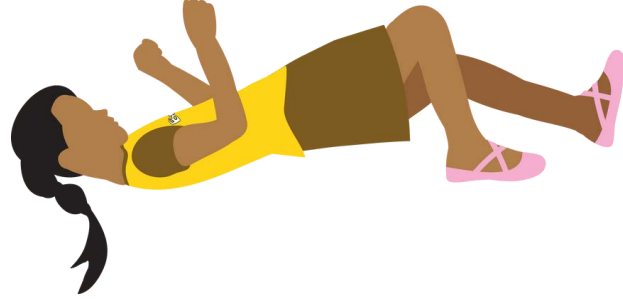
Of

For completing the

Girlguiding Cymru Street dance challenge

Leader

Date



This certificate is presented

to

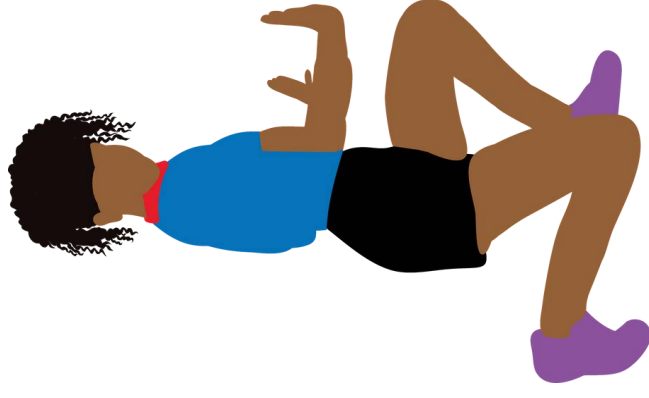
Of

For completing the

Girlguiding Cymru Street dance challenge

Leader

Date



This certificate is presented

to

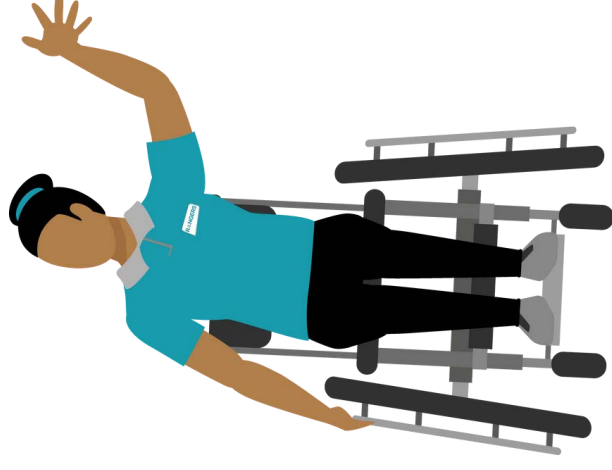
Of

For completing the

Girlguiding Cymru Street dance challenge

Leader

Date



This certificate is presented
to

Of _____

For completing the

Girlguiding Cymru Street dance challenge

Leader

Date





UDOIT! Dance Foundation
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Registered Charity No. 521209

