

Give it a Go Rainbows Dancing badge



To gain your 'Give it a Go' dance badge, you should try each of these activities below with the help from your leader or take part in a dance session with a local coach.

Name 2 different types of dance
Research a type of dance and tell your leader what you have learnt.

1 Activity 1 - Warm up

- Complete a relevant dance warm up.

[Click here to buy badge](#)

2 Activity 2 - Competition time

- Show off your best dance moves in a game of musical statues.

3 Activity 3 - Obstacle course

- Create a small dance routine lasting 20 – 30 seconds.
- (This can be done in pairs or as a small group as well as individually).

4 Activity 4 - Obstacle course

- Perform your dance routine to the rest of your unit or your leader.

