



VIRTUAL
GAMES

WEEK 3

HIT EVERY BEAT DANCE CHALLENGE

This challenge has been set by Koby and Allegra from Konverse Dance Crews in Barking and Dagenham
A challenge video will be released on Monday at 9.00am on the [LYG website](#)

Challenge Description:

Can you learn the Hit Every Beat dance routine?

Download the soundtrack [here](#)



Scoring:

The scoring is based on participation. Get involved and have fun!

Adapt for Space and Equipment:

You don't need any equipment to dance. Just make sure you have enough space.

Adapt for Ability and Inclusivity:

You can adapt Koby and Allegra's routine or create your own fun dance routine.

Coaching Tips:

Head over to our [YouTube channel](#) to watch Koby's tutorial.

Benefits From Challenge:

Dancing can help improve your balance, strength and cardio. It can also help boost your mood.

Remember to submit your scores before Friday 26th June at 12.00pm via the London Youth Games website or by emailing your [Scorecard](#) to info@londonyouthgames.org. You can share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG for the chance to win a pair of Nike trainers. Please ensure that you have permission from a parent or guardian before sharing any content.