



**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?



### **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 26<sup>th</sup> June at 12.00pm via the London Youth Games website or by emailing your [Scorecard](#) to [info@londonyouthgames.org](mailto: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.*

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