**Text

Description automatically generatedZOOM LOCKDOWN 2**

**CHALLENGE CARD**

**GRADE 1 TAP**

|  |  |
| --- | --- |
| Step ball changes side to side on the balls of the feet with opposite arm |  |
| 3 springs & a hop on the balls of the feet |  |
| Stamp to cross over, 2 steps on the balls of the feet (as jazz cirlcles) |  |
| Sideways, step, step, step together step with arms going through the feet (as co-ordinated strolls) |  |
| Set Rhythm – 1-2minim, 3,4 &5&6&7 miss 8 |  |
| Smart Walks |  |
| Clap Set Rhythm – 1234 5678 1234 5&6&7&8& |  |
| Heel beat, Toe beat & Toe tap |  |
| Tap Steps |  |
| Tap Springs |  |
| Shuffle hop step |  |
| Flap |  |
| Stomp |  |

**Teachers will advise when these can be ticked off**

**A completed Challenge Card will be rewarded with a medal😊**