**ZOOM LOCKDOWN 2**

**CHALLENGE CARD**

**PREPARATORY TAP**

|  |  |
| --- | --- |
| Knee Bounces / bends with swinging arms |  |
| Ball beats |  |
| Stamps |  |
| Straight Taps |  |
| Toe Taps |  |
| Clap for 8 beats and 1&2 3&4 5&6 7&8 |  |
| Walks on balls of feet |  |
| Step Ball Change |  |
| Heel Ball |  |
| Ball Heel  |  |
| Big Brush |  |
| Tiny Tap |  |

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

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