

DANCE FITNESS

by DAME DARCEY BUSSELL DBE

Do your pupils want to have FUN whilst being active? Then take part in our DDMIX competition taking place across the UK!

Dame Darcey invites you and your school to perform one of her fun Diverse Dance Mix fitness routines

The routine will be simple, fun and easy to learn.

The choreography will include a variety of styles such as Hand Jive, Japanese 1980's and more.

All you need is enthusiasm!



How to get involved:

Schools who register will be sent a film of Dame Darcey and her team performing one of four different DDMIX dance fitness routines. Each routine lasts approximately two and a half minutes.

Your group is asked to rehearse and film themselves performing their routine. Films are submitted to Dame Darcey for judging without the schools being identified.

Shortlisted schools will be invited to take part in a celebration show at a local venue in June 2019 (details TBC). They will perform their DDMIX routine in front of Dame Darcey and a live audience for a chance to be crowned the winner.

The overall winners will receive a trophy and perform their routine again to close the show.

All participating finalists will receive a certificate signed by Darcey and a group photograph.

To register your school's interest please visit schoolsgetdancing.co.uk
Registration closes 30 January 2019

Please note all participating schools give consent to be contacted via email by the event organisers, and post competition, by DDMIX.

