



DANCE MAYNIA

Join the Daily Boost May Challenge from 2nd May to 26th May

- During the Marvellous Month of May, why not take part in the our Dance themed challenge
- Use music to get your pupils moving and impact on their Physical and Mental Health and Wellbeing.
- A fantastic way to have FUN for everyone no matter what their ability.

Why not challenge your pupils to try some new and different dance styles to get them moving and having fun to improve their skills

The Daily Boost aims to encourage children and young people to do 15 minutes of organised activity at school every day. The Daily Boost is FREE and Schools will receive resources, rewards and access to log activity for the Boost Tracker!

If your have limited time or space and you want to encourage your pupils to move more during the day to prevent them sitting for long periods of time, a 'Mini Boost' could be a great way to liven everyone up.

One 'Mini Boost' is 5 minutes of any structured activity, if offers the opportunity for you to provide easy simple activities without leaving the classroom or using a small space.

Try 3 x 5 minute 'Mini Boosts 'per day = One Daily Boost

1

Make sure your school is registered to the Daily Boost, follow our easy guide here:

➔ [Guide to Get Involved](#)

2

Receive your welcome email and access the **EXCLUSIVE** Daily Boost dance resources to get started and plan your activities!

➔ www.dailyboost.org/challenges

[restricted access to those registered]

3

Schools can choose how to monitor their activity using classroom or pupil scorecards, Classroom or digital wallcharts.

➔ www.dailyboost.org/challenges

4

At the end of the Challenge, submit your School's involvement through the wallcharts, scorecards and see your school on the tracker and gain access to the certificates and receive Boost Bands!

➔ www.dailyboost.org/boosttracker



Don't forget to send us your photos
@Dailyboost_AT

