



# LET'S GET MOVING THIS MAY

Join the Daily Boost DANCE MAYNIA challenge 3rd May - 27th May

- During the Marvelous 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.

This year we will provide Daily Boost Registered schools with an exclusive dance routine video. All of your pupils can enjoy learning it no matter what their ability.

You also have the option of getting involved with our County Wide competition by submitting a short dance video and have the chance to represent your district during the School Games Summer Festival 24th June. Find more information here: [www.dailyboost.org/challenges](http://www.dailyboost.org/challenges)

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!

Why not break up the school day with a Mini Boost? "Mini Boosts" offers you the opportunity to provide easy, simple activities without having to leave the classroom. One 'Mini Boost' is 5 minutes of any structured activity. Aim to do 3 x 5 'Mini Boosts' per day = 1 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](http://www.dailyboost.org/challenges)

[restricted access to those registered]

3

Schools decide how to monitor your pupil involvement using either hard copy or digital wall charts, classroom teacher or individual pupil downloadable scorecards.

▶ [www.dailyboost.org/challenges](http://www.dailyboost.org/challenges)

4

At the end of the Challenge, submit your School's involvement using one of our wall charts or scorecards. See your school on the tracker and gain access to the certificates and receive Boost Bands!

▶ [www.dailyboost.org/boosttracker](http://www.dailyboost.org/boosttracker)



Don't forget to send us your photos  
▶ [@DailyBoost\\_AT](#)

▶ [www.dailyboost.org/dailyboostgetinvolved](http://www.dailyboost.org/dailyboostgetinvolved)

