



DISCO

Can you show us your moves?



HOW TO PLAY BUST A MOVE!

- > Have a disco and see how long you can keep dancing
- > Why not take it in turns to be the DJ?

SUITABLE FOR: All ages

TAKES: 20-30 minutes



REMEMBER Everyone can be involved in this activity!

YOU WILL NEED:

- > Internet connection, radio, mobile phone or tablet



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome

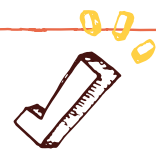
SAFETY...

Make sure there is enough room around you to safely bust your moves!



CHALLENGE!

Try out a dance routine which is quicker and more intensive!



JUMP@HOME



For more fun activities visit:
JUMPATHOME.ORG

