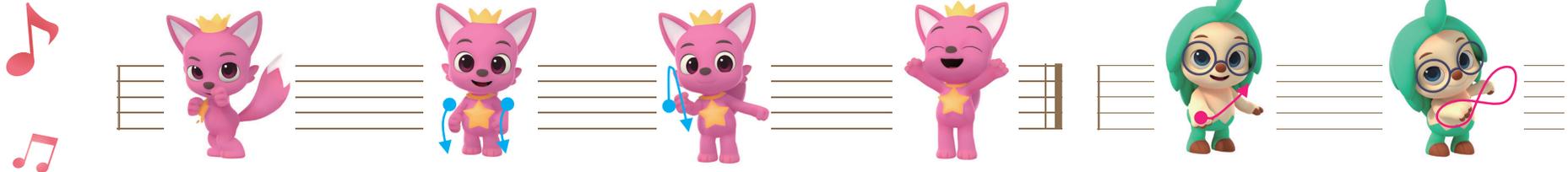


Learn how to do the Para Sport Dance with Baby Shark Brooklyn!



ONE TEAM PROJECT

This sheet provides examples and explanations on how you can do the Para Sport Dance, which features 22 different dance moves representing the 22 different sports you will see at the Tokyo 2020 Paralympic Games. Dance along with Baby Shark Brooklyn, Pinkfong, Hogi, and of course, Someity, the Tokyo 2020 Paralympic mascot.



① Archery ~

Put one arm out in front of you and pull the other arm back close to your chin, as if you were pulling back the string of a bow.

② Athletics ~

Tuck your arms to your side, clench both fists, and swing both arms up and down twice in a running motion.

③ Badminton ~

Clench your right hand in to a fist, raise it high above your head, and swing it down across your body, as if playing a badminton.

④ Uh ~ Ha ~

Raise both your hands in the air in celebration.

⑤ Boccia ~

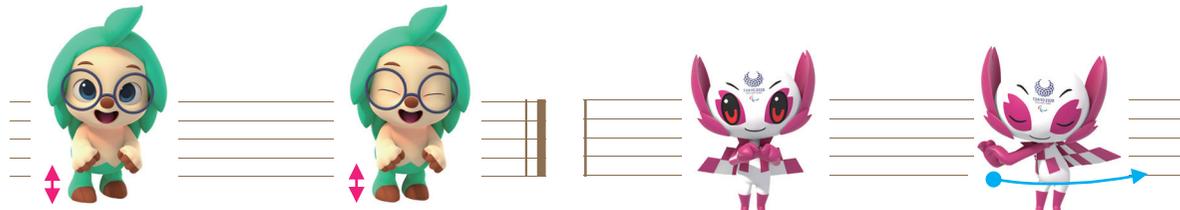
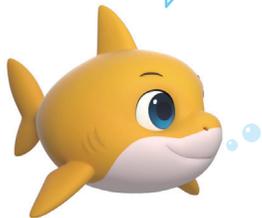
Throw an imaginary ball underarm.

⑥ Canoe ~

Raise an imaginary stick to your shoulders with both hands and swing it from side to side in a figure of eight motion.



Dances 10 to 13 represent visually impaired Para sports, so remember to close your eyes when doing these dances.



⑦ Cycling ~

Place both arms away from your body and on to the handlebars of an imaginary bicycle and jog on the spot as if you are pedalling.

⑧ 1,2,1,2 ~

March on the spot in time with the beat: 'one, two, one, two!'

⑨ Equestrian ~

Put your hands out in front of your body as if you are holding the reins of a horse and take small jumps.

⑩ Goalball ~

Close your eyes, spread your arms out to your sides and kick.

The secret to dance 14 is to squat down as low as you can.



⑪ Football 5 a side ~

Close your eyes and pretend you are kicking a ball.

⑫ Kick, Kick ~

Perform a kicking motion twice in time with the instructions.

⑬ Judo ~

Close your eyes, place both hands over one shoulder as if you were grabbing something heavy and throw it forward!

⑭ Powerlifting ~

Raise an imaginary stick to your shoulders with both hands and lift it high above your head.

⑮ Rowing ~

Place both arms out in front of you, then pull them quickly back to your chest.

⑯ Yo-ho ~

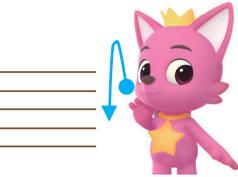
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17 Shooting ~

Close one eye, stick your thumb and index finger out on one hand and shoot.



18 Sitting Volleyball ~

Open one hand and bring it back away from your body and then swing it forward.



19 Swimming ~

Place one arm in front of your body and one behind, and then pull your front arm back while swinging the other forward.



20 Splash!

Splash, splash!
Keep Swimming!

Dances 10 to 13 represent visually impaired Para sports, so remember to close your eyes when doing these dances.



21 Table Tennis ~

Make a fist with one hand, hold it out to your side, then throw an imaginary ball in the air and hit it.



22 Taekwondo ~

Lean back, raise one leg and kick!



23 Triathlon ~ , 1,2,3

Put your arms in front your body and pull them back making a wide circle. Then tuck your arms to the side and run on the spot.



24 Wheelchair basketball ~

Place your hand to the side and imagine you are bouncing a ball up and down.



25 Wheelchair fencing ~

Make a fist with one hand and push it forward away from your body.



26 Wheelchair rugby ~

Place one arm across your chest, bend your knees, and make a circle with your other hand placed by your side.



27 Wheelchair tennis ~

Place one arm to your side and swing it forward, starting low and finishing high.



28 Come dance with us, everybody! Let's do the para sport dance together!

Now march on the spot swinging your arms from side to side, then place your arms to your chest and twist your body at the hip repeatedly.



29 Let's speed up! Yey!

Pull one arm across your body as you twist to the side, now pull back and point to the sky.

Now, let's finish by doing all the dances from 1 to 28 twice as fast as before. Don't worry if you can't dance well. Just enjoy doing the Para Sport Dance your own way!

► Search for 'Para Sport Dance' on YouTube.

