

Tippity tap



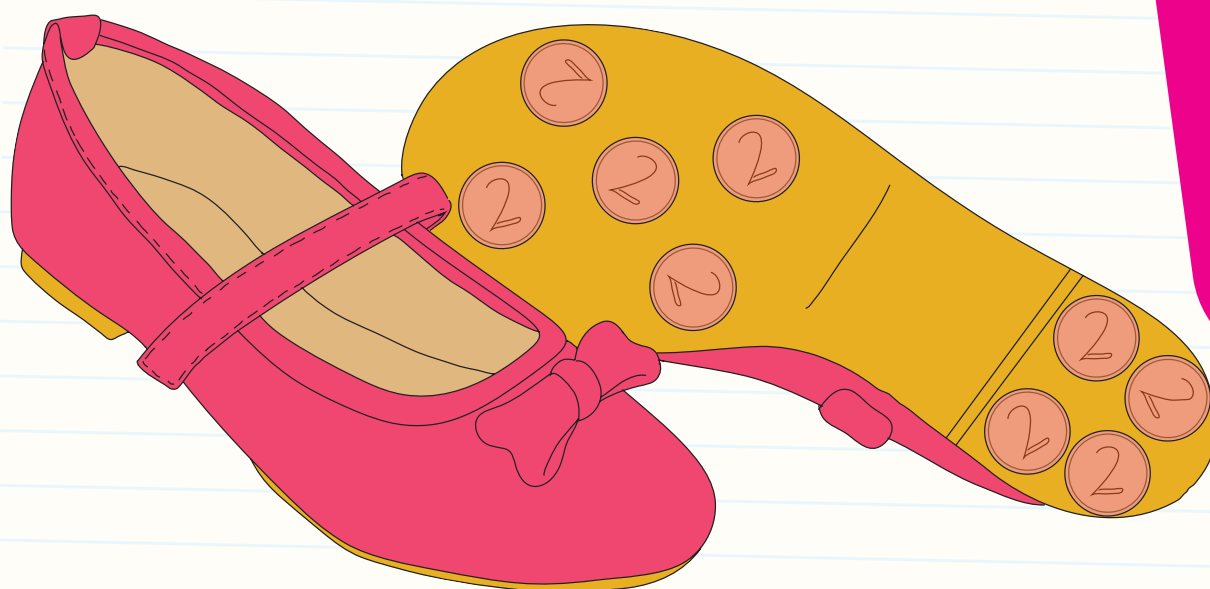
Spotlight



45 mins



Challenge yourself



What you'll need

- Suitable shoes to dance in, 1 pair per girl
- Coins, 18 per girl (2p coins work best)
- Sticky tack
- Masking tape (optional)
- Chipboard (optional, if your meeting space is carpeted)

Note to leader

Ask your girls to bring in shoes that they don't mind putting sticky tack on the soles of. Shoes with flat soles work best, like pumps.

Aim of activity

Can you tap your way to stardom?
Make your own tap shoes and have fun tap, tap, tapping!

What you'll get out of it

- Create your own tap shoes.
- Find out how to make a beat with tap shoes.



WE DISCOVER, WE GROW

Girlguiding



What to do

1 Walk around your space and listen to the sound your shoes make. Is it loud or quiet?

2 Now, everyone grab 18 coins and some sticky tack. Stick five coins on the bottom of each of your shoes under your toes. Then stick another four coins on the bottom of your shoes under your heel. Make sure they're stuck down really well, and no sticky tack is poking out the sides. If the coins aren't sticking, try using masking tape instead.

Top tip

If your meeting space has carpet you may want to put down some chipboard to dance on or go outside onto concrete. This will give you a better sound and protects your carpet from the sticky tack.

3 Put your tap shoes on and stretch up really tall! Move around your space and listen to the noise your shoes make. What does it sound like?

Tap dancing

Tap dancers are amazing because they're both dancers and musicians. The special shoes they wear mean they can make a noise or beat as part of their performance. Tap dancing is popular all over the world.

4 Let's become tap dancers! Try these moves out:

- Jump around your space. See if everyone in your unit can jump at the same time to make a really loud noise.
- Hop from one side of your space to the other. Did this make a different sound to jumping and walking?
- Skip around your space, carefully! The coins can make your shoes a little slippery.
- Walk on your tip toes. Did this make a quieter sound?

5 Stop! Everyone freeze! When your leader calls 'tap', choose either to walk, jump, hop, skip or tippy-toe around your space. When your leader calls 'tap' again, choose another movement. Can you do any of the movements quietly? You need to be lighter on your feet to make a quieter sound.

6 Can all of your unit tap to the same beat? You could try tapping along to a song.

Take it further

Using your new tap shoes, create a short dance routine and perform it to your friends and family.