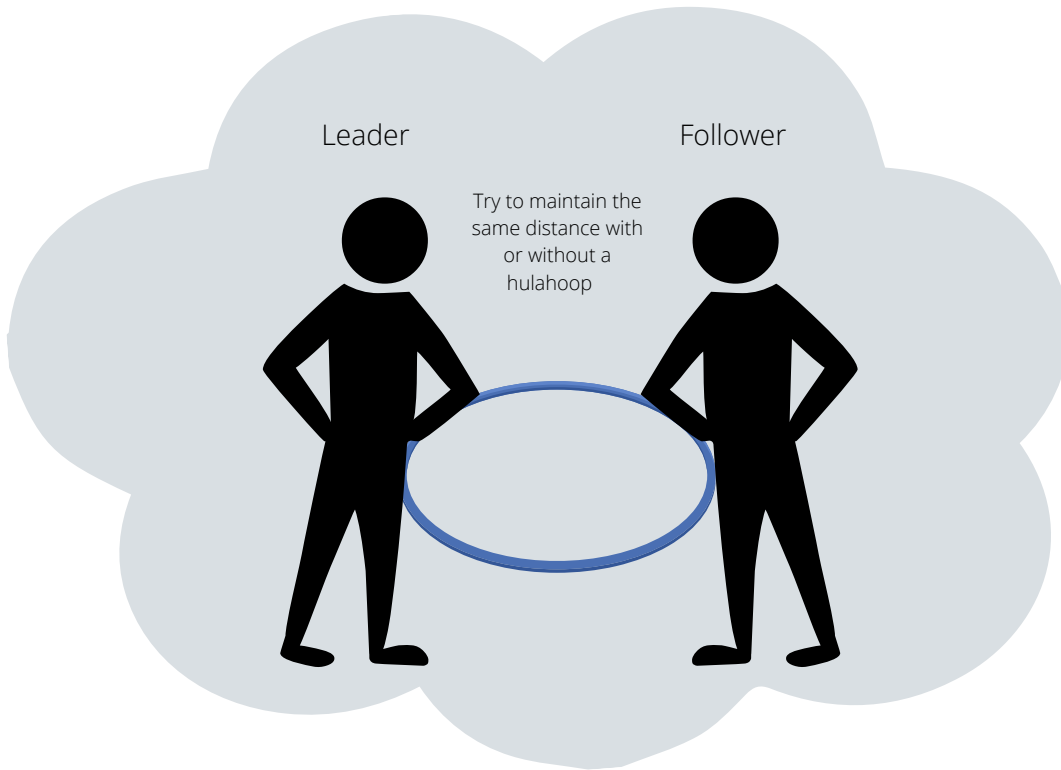




Rhythmic Mirror Walk

INTERACTIVITY IN A SNAP SHOT



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Rhythmic Mirror Walk

DANCE AND RHYTHMIC INTERACTIVITIES

Student Targets



Movement Competence

Apply appropriate movement principles in order to refine skills in a variety of physical activities; apply analytical and problem solving skills to identify and implement tactical solutions (i.e., altering a movement sequence to improve the flow of a dance).



SEL

Apply skills that help them build healthy relationships, develop empathy and communicate with others in order to support a sense of belonging and respect for diversity.



Relationship

Learn to develop synchronous connections with a partner through rhythm by moving from leading, following and mirroring to moving in unison.



Physical Distance

This InterActivity can be performed at a 2 meter distance.



Close Proximity

This InterActivity can be performed in close proximity with someone in your social bubble.

Activity Overview

In this InterActivity, participants will get to “dance like it’s nobody’s business” as they experience what it is like to move to a salsa rhythm with a partner.



DANCE AND RHYTHMIC INTERACTIVITIES

Getting Started:

With family members or classmates, find a safe, open space with physical distancing measures in mind.

- Find a partner, face each other, label one Partner A and the other B (partners are scattered around the room in no formal formation).
- Partner A counts to 8 over and over again in a steady fashion; Partner B claps hands on 1,2,3 5,6,7. Switch roles and repeat.
- Both partners clap the 1,2,3 5,6,7 rhythm in a synchronous way. When the clapping becomes comfortable put the 1,2,3 5,6,7 in the feet. Partner A (leader) begins count “1” on the left foot. Partner B (follower) begins count “1” on the right foot. Maintain this rhythmical pattern.
- Introduce a salsa song with counting overlaid on the rhythm to help the partners identify count “1” in to synchronize the 1,2,3 5,6,7 rhythm to the music (<https://www.youtube.com/watch?v=5OHIKrU6vls>). Can Partner A continue to synchronize their left foot with count 1 and Partner B their right?
- When the mirror walking becomes synchronous, is it possible for Partner A (leader) to gradually move the walking couple around the room while maintaining a consistent rhythm? Can the couple maintain a consistent face-to-face distance? Can the couple experience this travelling walking synchronicity without any verbal or finger pointing directional cues?

Modifications to the Game:

- **Speed and direction of locomotor movement:** Participants can explore different movement speeds and directions (i.e., side to side, diagonal, backwards) once they feel comfortable moving with their partner.
- **Communication:** Participants have the option to use verbal or directional cues to start to get a feel for moving together to a rhythm and may progress to eliminating one or both of these cues.

Adaptations to Rules of the Game:

- **Cooperative Rally:** See how long you and your partner can maintain the 1,2,3 5,6,7 rhythm while moving around the room face-to-face.
- **Competitive Score:** See if you and your partner can maintain the salsa rhythm while moving to designated areas in the playing area such as coloured dots on the floor or 4 corners of a room. The first team to travel around to each designated target while not colliding with another team wins.



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DANCE AND RHYTHMIC INTERACTIVITIES

InterActive Function2Flow Assessment:

InterActive Function (Connecting Postures)	<ul style="list-style-type: none">• What ways can you adjust your posture and alignment to create the 1,2,3 5,6,7 rhythm synchronously with your partner?
InterActive Form (Connecting Positions)	<ul style="list-style-type: none">• What subtle gestures (i.e., shoulder, torso, hip, leg, foot actions) communicate to your partner where you're going to move next?
InterActive Feeling (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none">• What feelings of timing and force allow you to lead your partner around the room while maintaining consistent face-to-face distance and rhythm?
InterActive Flow (Connecting Energies)	<ul style="list-style-type: none">• What helped you develop a positive connection with your partner? What helped you sense the other partners in the playing area? What helped this game feel really good?