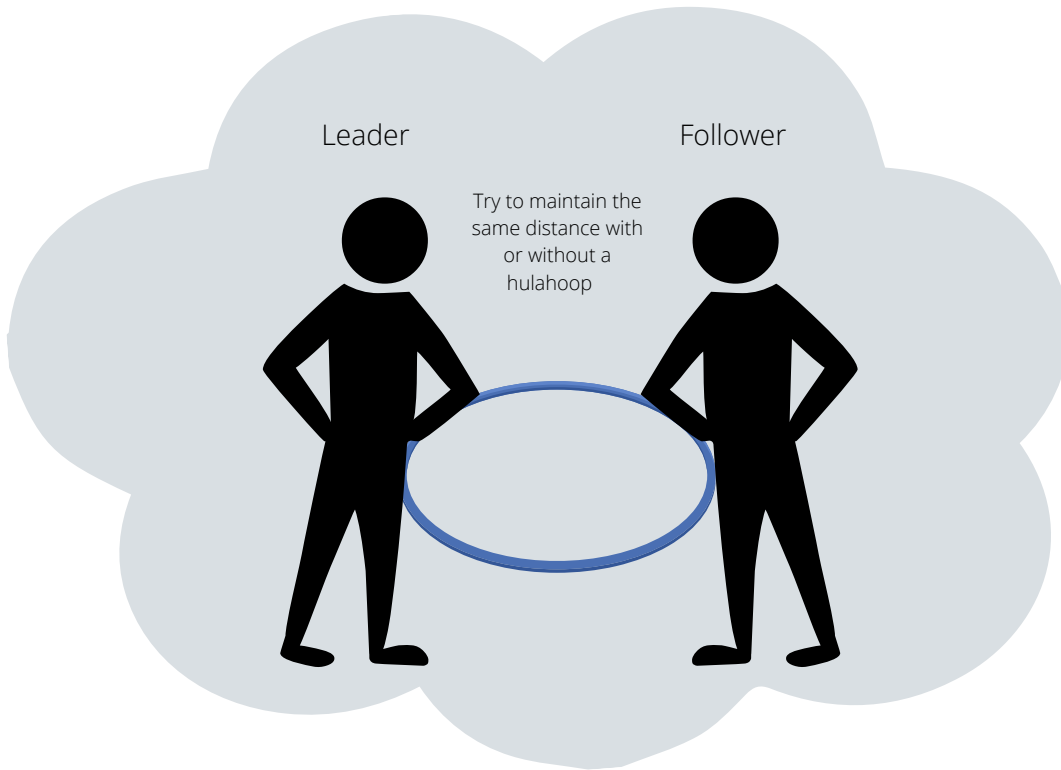




# Rhythmic Mirror Walk

INTERACTIVITY IN A SNAP SHOT



Progress from this



To this...





# 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.



# Rhythmic Mirror Walk

## 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=5OHlKrU6vls>). 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.



# Rhythmic Mirror Walk



## DANCE AND RHYTHMIC INTERACTIVITIES

InterActive Function2Flow Assessment:

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