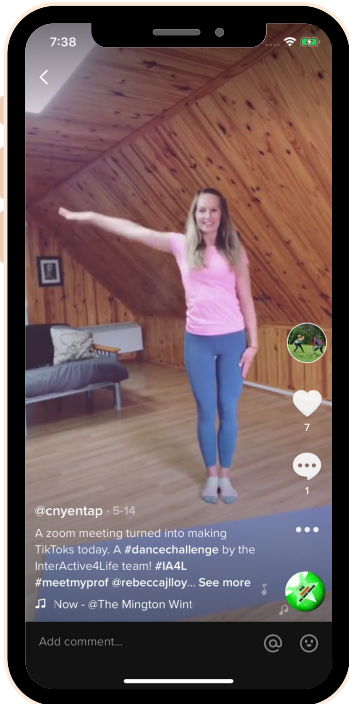


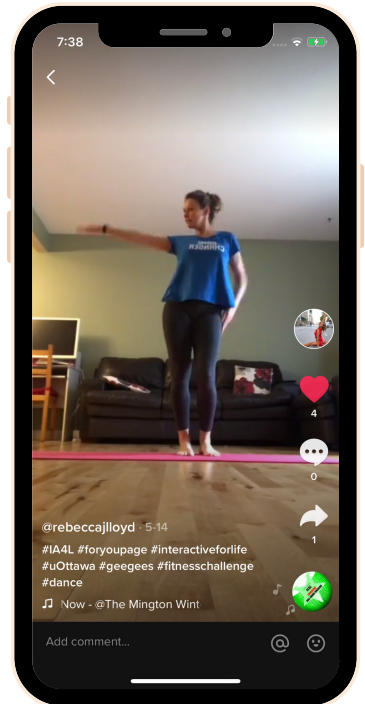


# So, You Think You Can Tik Tok?

INTERACTIVITY IN A SNAP SHOT



- Find a group of 3-5 people.
- Decide collectively on a song for your TikTok Dance.
- Clap out the beat.
- Remember you only have 15 seconds.
- Let creativity lead the the rest of the way!





# So, You Think You Can TikTok?

## DANCE AND RHYTHMIC INTERACTIVITIES

### Student Targets



#### Movement Competence

Develop a variety of locomotor movements by travelling in different directions, at different speeds, to different rhythms, using different pathways, and becoming in sync with a partner; perform locomotor skills while responding to external stimuli (i.e., music and a partner).



#### SEL

Develop critical and creative thinking skills to assist in making connections (with music and a partner through rhythm), decisions (appropriate locomotor that corresponds to a beat), and developing self-awareness and awareness of others.



#### Relationship

Take dance into a playful interaction through moments of cooperation, competition, and challenges by matching, contrasting, following, leading, or echoing.



#### Physical Distance

This InterActivity can be performed at a 2 meter distance.



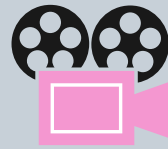
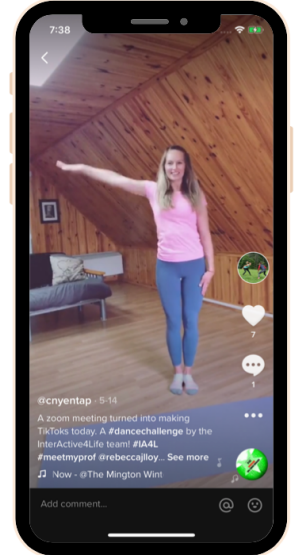
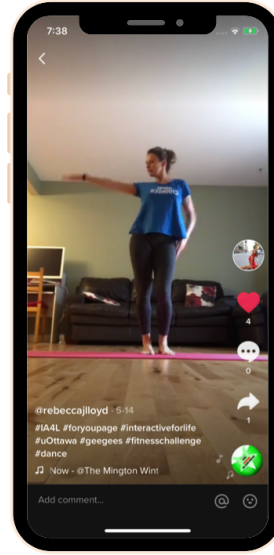
#### Close Proximity

This InterActivity can be performed in close proximity if participants choose to do partnered dance moves with someone in their social bubble.



#### Online

This game can be performed online by having each participant set up in front of a camera or “duet” using Tik Tok.



[CLICK HERE to watch this InterActivity in action!](#)

[CLICK HERE for a fitness challenge variation.](#)



# So, You Think You Can TikTok?

## DANCE AND RHYTHMIC INTERACTIVITIES

### Activity Overview

Students will use their creativity to explore their own internal rhythmic connection as well as their rhythmic connections with others through space.

### Getting Started:

- Meet with students in-person or via educational technology (i.e., Microsoft Teams, Google Meet).
- Show students a series of popular TikTok dance videos to serve as inspiration.
- Assign students into groups of 2-3 and challenge each group to create their own TikTok dance. Students may also attempt to re-create a current TikTok dance with their own creative twist.
- Each student must seek parental/school board consent to make an online video recording and post on TikTok. Posting on TikTok is not mandatory. Allow students the option to submit TikTok privately (i.e., using google drive) or show you their TikTok in person. \*This game may be adapted to be performed without the TikTok technology.

### Modifications to the Game:

- **Locomotor movement:** Give students the option to create an interactive fitness routine that follows the rhythm of a particular song.
- **Speed of locomotor movement:** Restrict the dance to a certain tempo (fast or slow).

### Adaptations to Rules of the Game:

- **Cooperative Rally:** Recreate another group's (from the class) TikTok dance using the duet feature.
- **Competitive Score:** Have a TikTok dance-off as a class. All students try out each other's TikTok dances and decide which one is their favourite.
  - Make sure to include criteria for the winning dance that have a relational focus (i.e., ability to move in unison, difficulty level of dance, ability to integrate prop, ability to form a connection based on the dance moves included, etc.).



# So, You Think You Can TikTok?

## DANCE AND RHYTHMIC INTERACTIVITIES

InterActive Function2Flow Assessment:

<b>InterActive Function</b> (Connecting Postures)	<ul style="list-style-type: none"><li>• Are the dancers able to change their posture and activate different muscles in order to move with their partner rhythmically and synchronously?</li></ul>
<b>InterActive Form</b> (Connecting Positions)	<ul style="list-style-type: none"><li>• What subtle gestures stemming from the head, shoulders, torso, hips, or legs help you to physically communicate the next dance move to your partners in order to stay in sync?</li></ul>
<b>InterActive Feeling</b> (Connecting Sensations of Timing & Force)	<ul style="list-style-type: none"><li>• Are you able to get a feeling for the timing and force required to create expression through dance and a greater sense of connection (e.g., combining rhythmic variations of quick and slow steps)?</li></ul>
<b>InterActive Flow</b> (Connecting Energies)	<ul style="list-style-type: none"><li>• Are you aware of how level changes, leans, and tempo can create feelings of interActive play?</li></ul>