

S: 5 H: 4 GLO: 9-12 Tinikling

OKLAHOMA ACADEMIC STANDARDS: Physical Education

Source: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=9713#.V8dl84-cH4g>

<u>Objectives/ Student Targets</u>		<u>Equipment & Technology Needed:</u>
<u>Cognitive:</u> The students will be able to explain the legend and history behind dance.		2 bamboo poles (wooden dowels or PVC piping) each 8-18 ft, 2 2x4's cut 30 inches long with tape marks placed on the blocks approximately 3" from each end (ideally a set of poles and 2x4's for every set of 4 students), authentic music for tinikling
<u>Affective:</u> The students will develop an appreciation for the traditional Philippine dance.		
<u>Psychomotor:</u> The students will demonstrate proper technique to Tinikling.		
Academic Vocabulary: Tinikling		
<u>Introduction / Anticipatory Set</u> There may not be anyone in your class that has ever heard of tinikling before. Inform your class it is a traditional Philippine dance and the history: The dance originated in Leyte among the Visayan islands in the central Philippines as an imitation of the tikling bird dodging bamboo traps set by rice farmers. The dance imitates the movement of the tikling birds as they walk between grass stems, run over tree branches, or dodge bamboo traps set by rice farmers. Dancers imitate the tikling bird's legendary grace and speed by skillfully maneuvering between large bamboo poles. Here are two songs that would work for tinkling: http://www.imeem.com/warburton/music/dz6zkKD_/fiesta-filipina-tinikling/ http://www.giancruz.com/portfolio/imd110/city/musicvideos.html You may want to play the songs for the students before you add any of the equipment.		<u>Classroom Layout:</u> Large Open Space (gym, cafeteria, etc.) Students in line formation

S: 5 H: 4 GLO: 9-12 Tinikling

OKLAHOMA ACADEMIC STANDARDS: Physical Education

Instant Activity

Split the class up into groups of 4 (5-6 would also work). Each group gets two poles and 2 2x4s. Ideally, those students who are moving the poles will need to sit on their knees on the floor. The rhythm created by moving the poles is begun with the poles together in the center of the boards. The poles together are hit together for count 1.

The poles are then separated and tapped wide on the boards 2x. These are counts 2 and 3. This 3 count movement continues throughout the dance.

It can be cued "in-n-out". Allow the students who are manipulating the poles to practice without dancers. Remember to cue and keep the rhythm of the poles consistent.

Each student should have the opportunity to practice with the poles without dancers.

A rotational order for dancing and moving the poles would need to be established.

Fitness Development:

1. Increase heart rate through dancing the movement
2. Improve flexibility through daily warm-up and cool-down activities
3. Develop muscular endurance and strength through dancing

Lesson Focus:

Inform the students we are going to be working on mastering the dance of tinkling in class today.

S: 5 H: 4 GLO: 9-12 Tinikling**OKLAHOMA ACADEMIC STANDARDS: Physical Education**

It is important for the students who are creating the rhythm with the poles to be told to slide the poles along the boards when they are separating or closing them. Lifting the poles could catch the ankles of the the dancers and trip them. Also, caution students about holding the poles; remind them that fingers need to be on the outside of the poles. Failure to hold the poles properly could result in slammed fingers when the poles are brought back together.

Dance Patterns:

- Basic Step – $\frac{3}{4}$ Meter – Cue with the words: Out-in-in, out-in-in. Begin with R shoulder to the poles (whole body on right side of poles):
 - Step on L foot (count 1) – Leap with R foot then L foot to center of poles (counts 2-3)
 - Leap to opposite side of poles with R foot (count 1) –
 - Leap to inside of poles with L, R (counts 2-3) –
 - Leap outside with L foot (count 1) – continue repeating step as described above)
 - This step can be reversed by beginning with the L shoulder to the poles.
- Rocking Step – Facing poles
 - Step on L foot (count 1)
 - Leap R to center, Hop on R foot (counts 2-3)
 - Leap L foot to opposite side outside of poles (count 1) Back is now to the poles
 - Reverse movement placing R foot back between the poles and hop (counts 2-3)
 - Leap on L foot back to original starting position (count 1) – continue repeating step as described above)
- Jumps – Begin facing either end of the poles
 - Jump and straddle poles (count 1)
 - Jump 2x in center of pole (counts 2 & 3)
 - Jump and straddle the poles (count 1) – continue repeating steps as described above)

After all students have practices all the steps ask them to perform the steps in a combinations - 4 basic steps, 4 rocking steps, 4 jump steps. Repeat the entire sequence.

.□

Teaching Cues:

- Out-in-in
- Begin with right shoulder to poles
- Slide poles
- Fingers outside

Modifications:

- Creating own dance
- Use bells near Christmas
- Slower counts
- PVC pipes

S: 5 H: 4 GLO: 9-12 Tinikling

OKLAHOMA ACADEMIC STANDARDS: Physical Education

Assessment:

Students can be assessed on both their ability to execute the steps properly and rhythmically move the poles.

Older students can be asked to develop their own steps and put them together in a routine.

A rubric can be set up that is based on rhythm, memory, creativity, and presentation of their routine.

Encourage students to use the internet to watch performances done by the Philippine people and incorporate new steps into their own choreography.

Closure:

The Philippines: The Visayan Islands are an island group in the central Philippines, one of the four main

groups of islands of the Philippines, lying in the Visayan Sea. Leyte and Samar (the largest of the Visayans) form the Eastern edge of the group, shielding the remaining islands from Pacific storms.

Language of the Philippines: The official languages of the Philippines are English and Filipino. However, there are 175 individual languages listed for the Philippines. Of these 175 languages, 4 have no known speakers.

Was tinikling more or less difficult than you thought it was going to be?

Can you think of any dances that originated in the United States like tinikling originated in the Philippines?

What are the most important skills to have during tinikling? (timing, coordination, etc.)