

Tinikling



Lesson Focus: to perform the traditional Philippine rhythmic activity of Tinikling and to learn about the origins of Tinikling in the Philippine Islands.

What you'll need

- Music and music player optional (Traditional Tinikling Music or Jingle Bell Rock).
- Four to six pairs of six foot, 1 1/2 inch diameter PCB pipe (or the traditional bamboo poles). You can purchase the sticks from a PE catalog or the PCB pipe at a local home supply store. You will also need a base to beat the sticks on. 2x4 wood blocks or hockey sticks work well.

Skills to review and demonstrate

Stick beating

- With students sitting cross legged on the floor in front of the teacher: clap hands twice and slap thighs twice in a 4 beat measure. This will simulate beating the sticks.
- The sticks are tapped twice on the floor apart, then twice together.

Moving between sticks

- Hop or jump twice outside the sticks and twice inside the sticks.
- The cue words are: out, out, in, in.

Getting started

Place four to six students at each pole station.

Student performance objectives

Psychomotor: Students can perform the Tinikling steps through non-moving and moving sticks.

Students can beat the sticks in the pattern.

Cognitive: Students can recite the cue words of beating and stepping the sticks.





[Watch the Video](#)

Small space
activity for grades

3-5

Begin the action

Leave the poles stationary on the floor and have the students practice stepping in and out of the poles using the cue words.

When they are ready, begin to practice stepping in and out of the moving sticks. Add the music when students become skilled at beating and jumping between the sticks.

Challenge

Try beating the sticks in time with the music.

Recap

What is a tradition?

What are the cue words for beating the sticks? Stepping in and out of the sticks?

What is the dance named for?

What country does the dance come from? Where is it located?

Background

The Tinikling dance is a popular traditional dance of the Philippine Islands. It is an imitation of the Tinikling bird walking between grass stems, running over tree branches and dodging bamboo traps set by the rice farmers. The dancers imitate the bird's agility and quickness by skillfully maneuvering between bamboo poles. Tinikling is one of the oldest dances in the Philippines and was chosen as the national dance. It is very popular among children and adults.

National standards

Standards 1&2

Standard 3

Standards 4&5

Dance steps; Rhythmic patterns; Moving to an even beat.

Cardiovascular activity.

Working with and respect for different skill levels of class mates;
Cooperation; Appreciates and enjoys rhythmic movement.

