

HOW TO GUIDE:

TINIKLING

USE THESE TASK CARDS TO PROGRESS THROUGH THE ACTIVITIES. WHEN YOU ARE READY TO TEST EACH STAGE SEE YOUR TEACHER.

BELOW YOU WILL FIND THE TWO DIRECTIONAL VIDEOS TO



1

TINIKLING BACKGROUND AND BASICS

PLEASE USE THE FOLLOWING QR CODE TO LEARN ABOUT THE HISTORY OF TINIKLING AND SOME BASIC INFORMATION FOR THE UNIT.



2

CLAPPING TUTORIAL

PLEASE USE THE FOLLOWING QR CODES TO LEARN ABOUT THE PROPER WAY TO CLAP DURING THE DANCE.

USE THE FOLLOWING PAGES TO LEARN ABOUT DIFFERENT TINIKLING STEPS AND TO PREPARE YOURSELF FOR THE ASSESSMENT.

HOW TO GUIDE:

USE THIS PROGRESSION TO MASTER EACH DANCE STEP. KEEP WORKING TO LEARN NEW SKILLS AND EARN NEW BADGES.

TINKLING

1

WATCH THE VIDEO AND/OR READ THE DIRECTIONS

2

PRACTICE THE DANCE STEPS WITH THE POLES ON THE GROUND (NOT MOVING)

3

PRACTICE THE DANCE STEP WITH THE POLES MOVING.

4

PREPARE FOR THE EXIT ACTIVITIES

5

EARN A BADGE

6

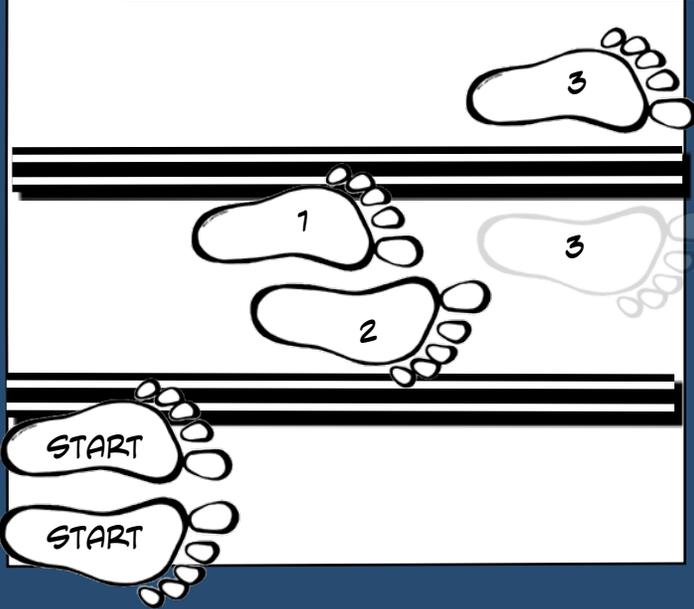
MOVE TO THE NEXT DANCE STEP

HOW TO GUIDE:

THE BASIC STEP

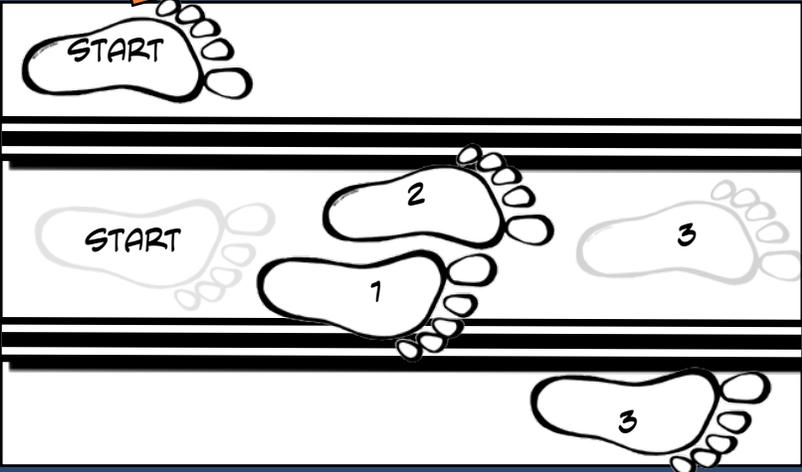
1

POLES START ON THE LEFT SIDE:
1) LEFT FOOT IN
2) RIGHT FOOT IN
3) LEFT FOOT OUT & LIFT RIGHT FOOT



2

POLES ON YOUR RIGHT:
1) RIGHT FOOT DOWN
2) LEFT FOOT IN
3) RIGHT FOOT OUT & LIFT UP LEFT FOOT



3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

VIDEO DEMONSTRATION



EXIT

PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL
1) PERFORM **FOUR** CONSECUTIVE BASIC STEPS WITH A PARTNER WITHOUT MAKING A MISTAKE

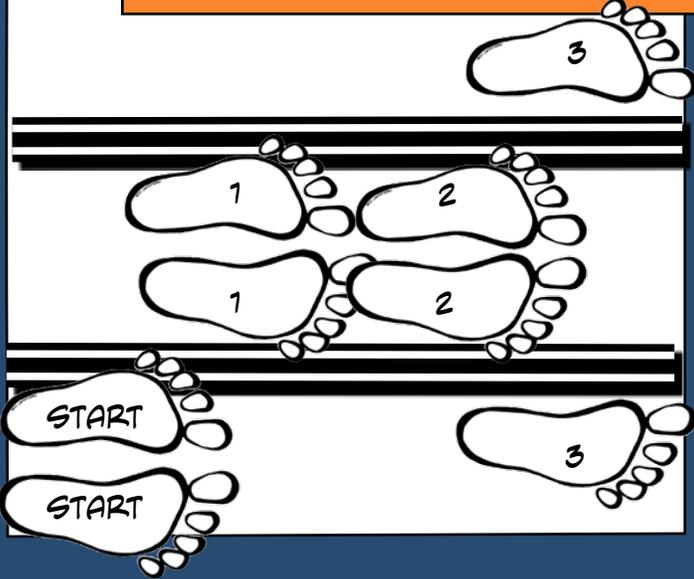
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HOW TO GUIDE:

IN IN OUT

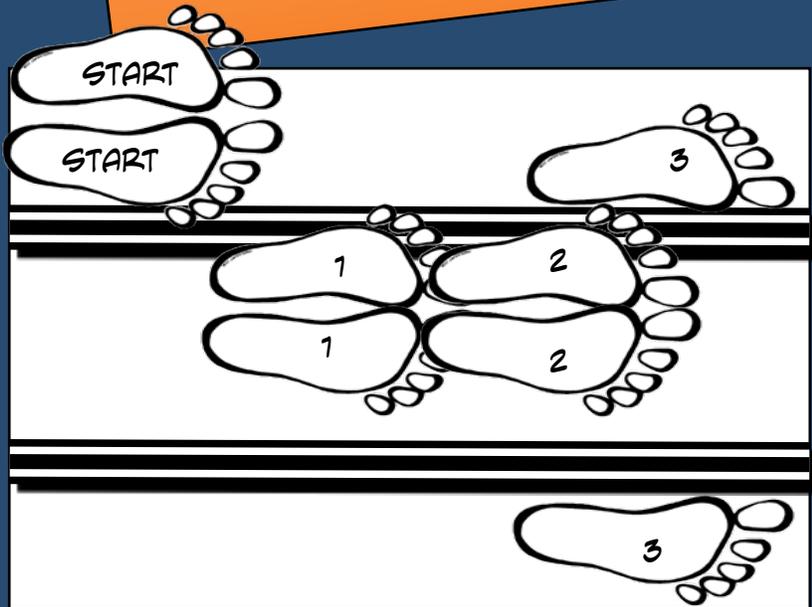
1

- POLES START ON THE LEFT SIDE:
- 1) JUMP WITH BOTH FEET INSIDE THE POLES
 - 2) JUMP AGAIN WITH BOTH FEET INSIDE THE POLES
 - 3) SPLIT FEET SO ONE FOOT IS ON EITHER SIDE OF THE POLES ON THE OUTSIDE



2

- POLES ON YOUR RIGHT:
- 1) JUMP WITH BOTH FEET INSIDE THE POLES
 - 2) JUMP AGAIN WITH BOTH FEET INSIDE THE POLES
 - 3) SPLIT FEET SO ONE FOOT IS ON EITHER SIDE OF THE POLES ON THE OUTSIDE



3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

VIDEO DEMONSTRATION



EXIT

- PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL
- 1) PERFORM **FOUR** CONSECUTIVE IN IN OUT STEPS WITH YOUR PARTNER WITHOUT MAKING A MISTAKE
 - 2) PERFORM THE FOLLOWING SEQUENCE: BASIC-IN IN OUT-BASIC-IN IN OUT

HOW TO GUIDE:

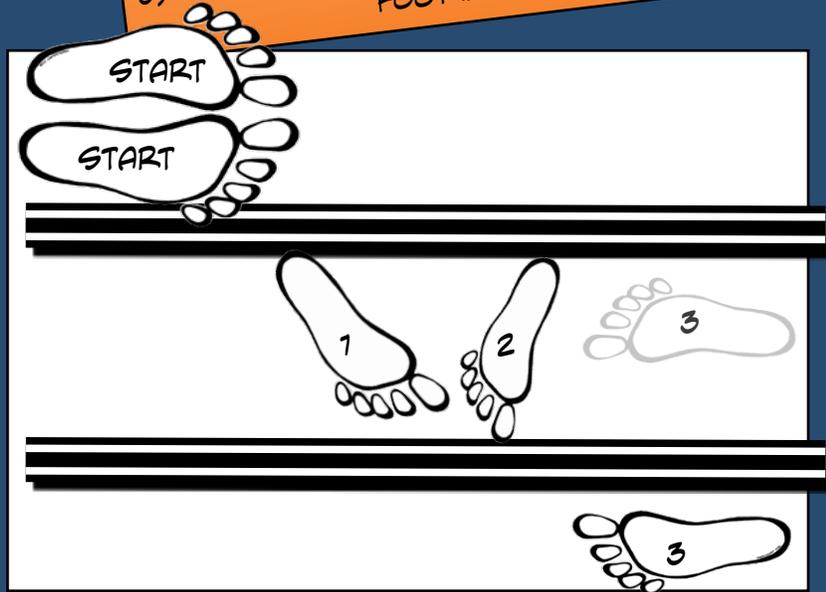
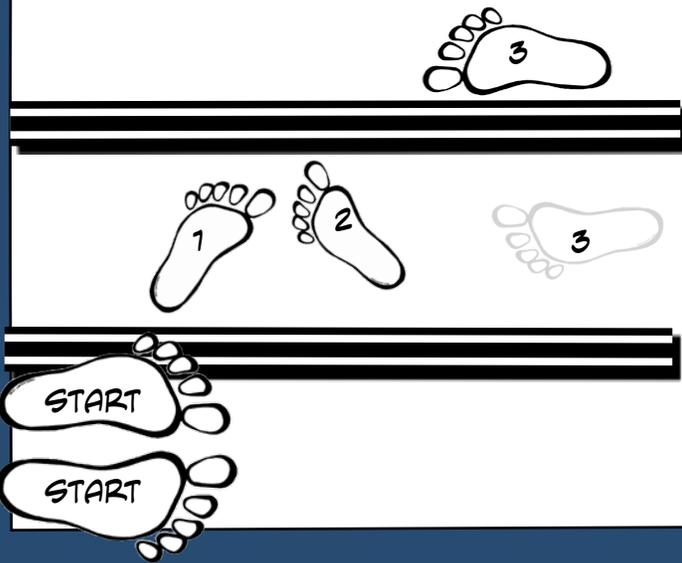
180 DEGREE TURN

1

- POLES START ON THE LEFT SIDE:
- 1) TWIST IN WITH YOUR LEFT FOOT
 - 2) JUMP AND TWIST ON YOUR LEFT FOOT (RIGHT FOOT STAYS IN THE AIR)
 - 3) RIGHT FOOT LANDS OUTSIDE OF THE POLES (LEFT FOOT IN THE AIR)

2

- POLES ON YOUR RIGHT:
- 1) TWIST IN WITH YOUR RIGHT FOOT
 - 2) JUMP AND TWIST ON YOUR RIGHT FOOT (LEFT FOOT STAYS IN THE AIR)
 - 3) LEFT FOOT LANDS OUTSIDE OF THE POLES (RIGHT FOOT IN THE AIR)



3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

VIDEO DEMONSTRATION



EXIT

- PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL
- 1) PERFORM **FOUR** CONSECUTIVE 180 DEGREE TURNS IN A ROW WITH YOUR PARTNER AND WITHOUT MAKING A MISTAKE.
 - 2) PERFORM THE FOLLOWING SEQUENCE: BASIC-IN IN OUT-180-BASIC-IN IN OUT-180

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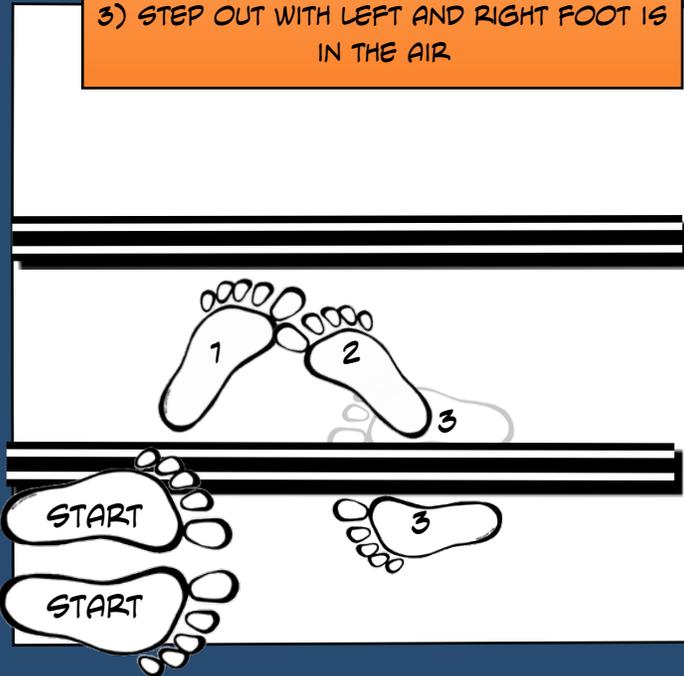
HOW TO GUIDE:

HALF BASIC

1

POLES START ON THE LEFT SIDE:

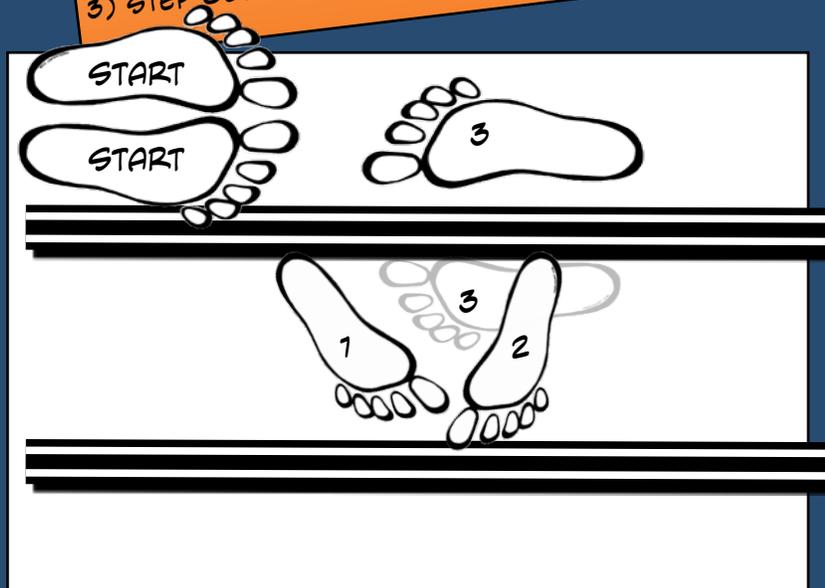
- 1) LEFT FOOT TWISTS IN
- 2) RIGHT FOOT TWISTS IN (NOW YOU ARE FACING THE OPPOSITE DIRECTION)
- 3) STEP OUT WITH LEFT AND RIGHT FOOT IS IN THE AIR



2

POLES ON YOUR RIGHT:

- 1) RIGHT FOOT TWISTS IN
- 2) LEFT FOOT TWISTS IN (NOW YOU ARE FACING THE OPPOSITE DIRECTION)
- 3) STEP OUT WITH RIGHT AND LEFT FOOT IS IN THE AIR



3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

VIDEO DEMONSTRATION



EXIT

PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL

- 1) PERFORM **FOUR** CONSECUTIVE HALF BASICS IN A ROW WITH YOUR PARTNER AND WITHOUT MAKING A MISTAKE.
- 2) PERFORM THE FOLLOWING SEQUENCE: BASIC-IN IN OUT-180 TURN-HALF BASIC

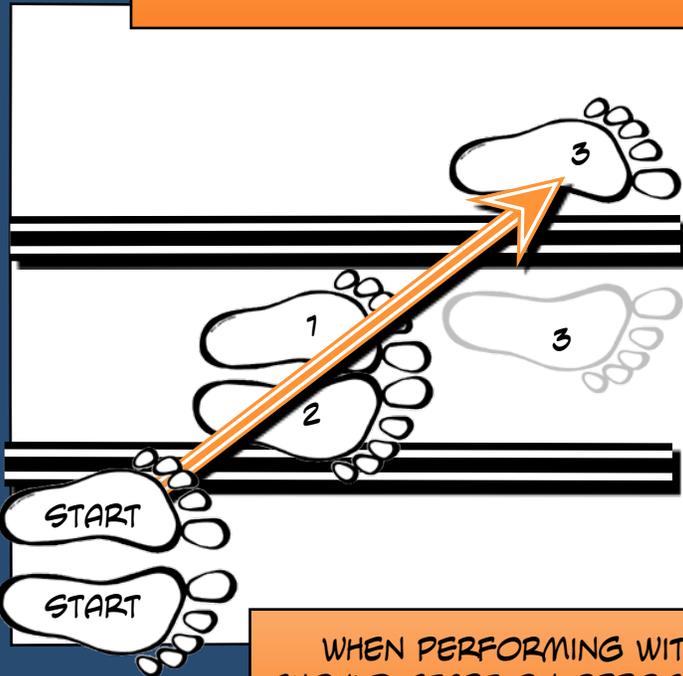
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HOW TO GUIDE:

ANGLE STEP

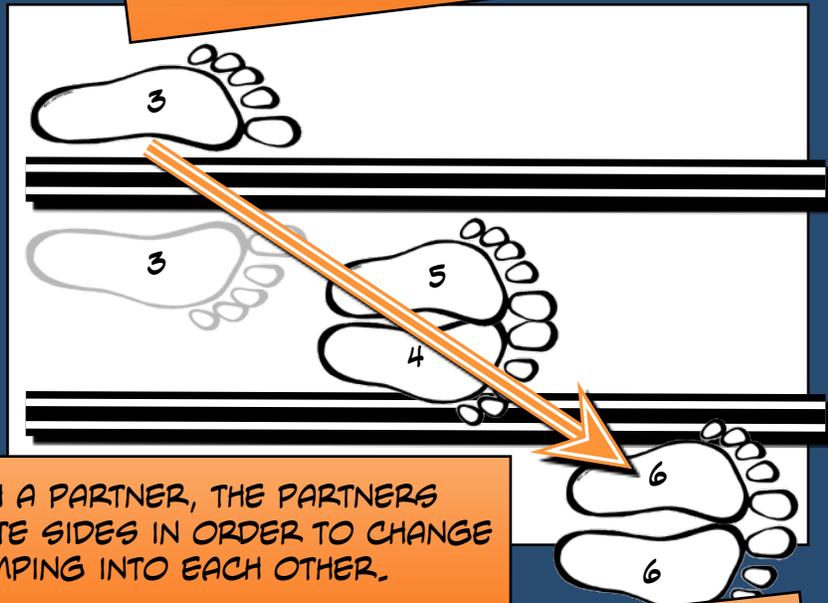
1

- POLES START ON THE LEFT SIDE:
- 1) 45 DEGREE ANGLE, LEFT FOOT IN
 - 2) RIGHT FOOT IN, NEXT TO THE LEFT FOOT
 - 3) LEFT FOOT OUT AND RIGHT FOOT UP.



2

- POLES ON YOUR RIGHT:
- 4) TWIST IN WITH YOUR RIGHT FOOT
 - 5) JUMP AND TWIST ON YOUR RIGHT FOOT (LEFT FOOT STAYS IN THE AIR)
 - 6) LEFT FOOT LANDS OUTSIDE OF THE POLES (RIGHT FOOT IN THE AIR)



WHEN PERFORMING WITH A PARTNER, THE PARTNERS SHOULD START ON OPPOSITE SIDES IN ORDER TO CHANGE PLACES WITHOUT BUMPING INTO EACH OTHER.

3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

VIDEO DEMONSTRATION



EXIT

- PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL
- 1) PERFORM **TWO** CONSECUTIVE ANGLE STEPS IN A ROW WITH YOUR PARTNER AND WITHOUT MAKING A MISTAKE. NOTE: PARTNERS START AT OPPOSITE ENDS AND OPPOSITE SIDES OF THE POLES.
 - 2) PERFORM THE FOLLOWING SEQUENCE: BASIC-IN IN OUT-180 TURN-HALF BASIC-ANGLE STEP-ANGLE STEP (NOTE: START THIS SEQUENCE ON OPPOSITE SIDES OF THE POLES)

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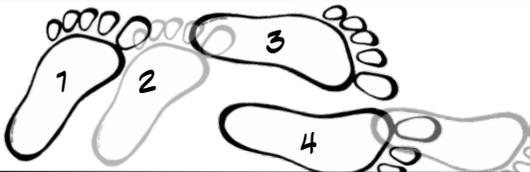
HOW TO GUIDE:

FULL UPROCK

1

POLES START ON THE LEFT SIDE:

- 1) LEFT FOOT STEPS IN AT ABOUT 45 DEGREE ANGLE
- 2) STEP RIGHT FOOT OUTSIDE OF THE POLES AND LIFT UP LEFT FOOT
- 3) LEFT FOOT PLACED DOWN
- 4) RIGHT FOOT PLACED DOWN
- 5) RIGHT FOOT STEPS OUT AND PICK UP LEFT FOOT



2

POLES ON YOUR LEFT:

- 6) LEFT FOOT STEPS INSIDE THE POLES
- 7) RIGHT FOOT STEPS INSIDE THE POLES
- 8) LEFT FOOT STEPS OUTSIDE OF THE POLES AND RIGHT FOOT LIFTS UP



3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

VIDEO DEMONSTRATION



EXIT

PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL

- 1) PERFORM **FOUR** CONSECUTIVE FULL UPROCK STEPS IN A ROW WITH YOUR PARTNER AND WITHOUT MAKING A MISTAKE.
- 2) PERFORM THE FOLLOWING SEQUENCE: BASIC-IN IN OUT-180 TURN-HALF BASIC-ANGLE STEP-ANGLE STEP-FULL UPROCK-FULL UPROCK (NOTE: START THIS SEQUENCE ON OPPOSITE SIDES OF THE POLES)

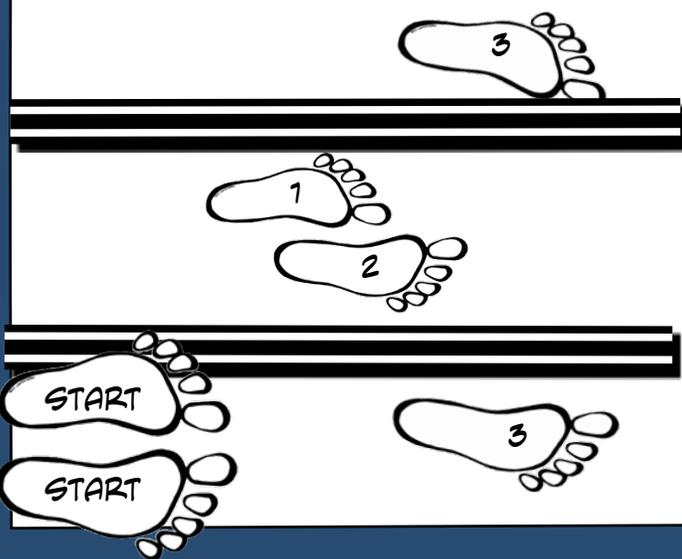
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HOW TO GUIDE: TIC TOC

1

POLES START ON THE LEFT SIDE:

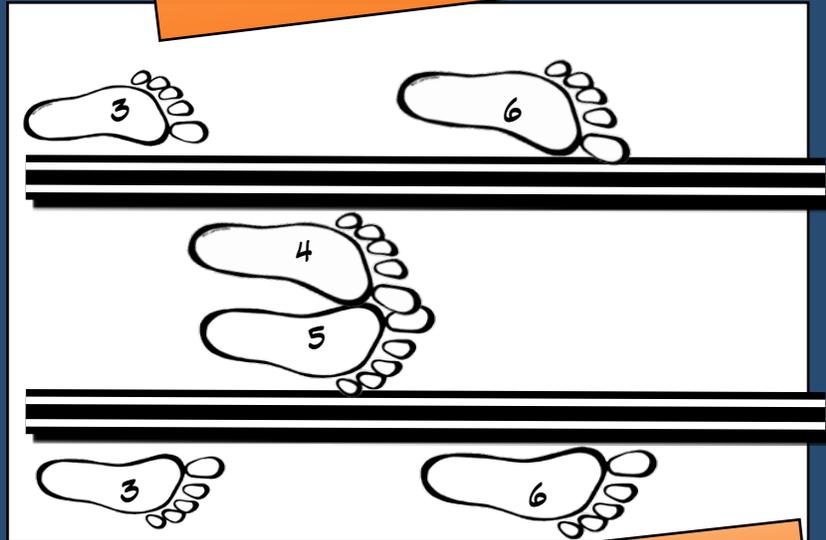
- 1) LEFT FOOT STEPS INSIDE THE POLES
- 2) RIGHT FOOT STEPS INSIDE THE POLES (LIKE RUNNING STEPS)
- 3) BOTH FEET STRADDLE THE OUTSIDE OF THE POLES.



2

POLES ON YOUR RIGHT:

- 4) LEFT FOOT STEPS INSIDE THE POLES
- 5) RIGHT FOOT STEPS INSIDE THE POLES (LIKE RUNNING STEPS)
- 6) BOTH FEET STRADDLE THE OUTSIDE OF THE POLES.



3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

VIDEO DEMONSTRATION



EXIT

PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL

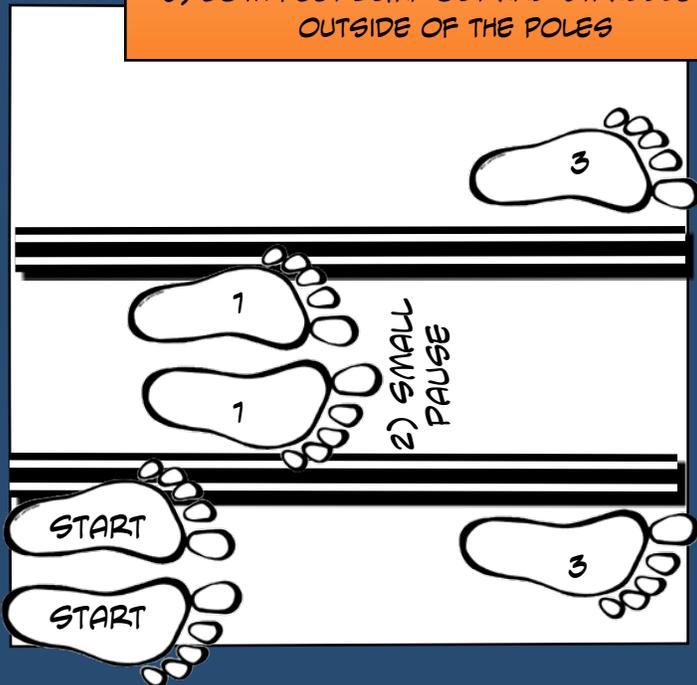
- 1) PERFORM **FOUR** CONSECUTIVE TIC TOCK STEPS IN A ROW WITH YOUR PARTNER AND WITHOUT MAKING A MISTAKE.
- 2) PERFORM THE FOLLOWING SEQUENCE: BASIC-IN IN OUT-180 TURN-HALF BASIC-ANGLE STEP-ANGLE STEP-FULL UPROCK-FULL UPROCK-TIC TOCK-TIC TOCK (NOTE: START THIS SEQUENCE ON OPPOSITE SIDES OF THE POLES)

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HOW TO GUIDE: HOP SKOTCH

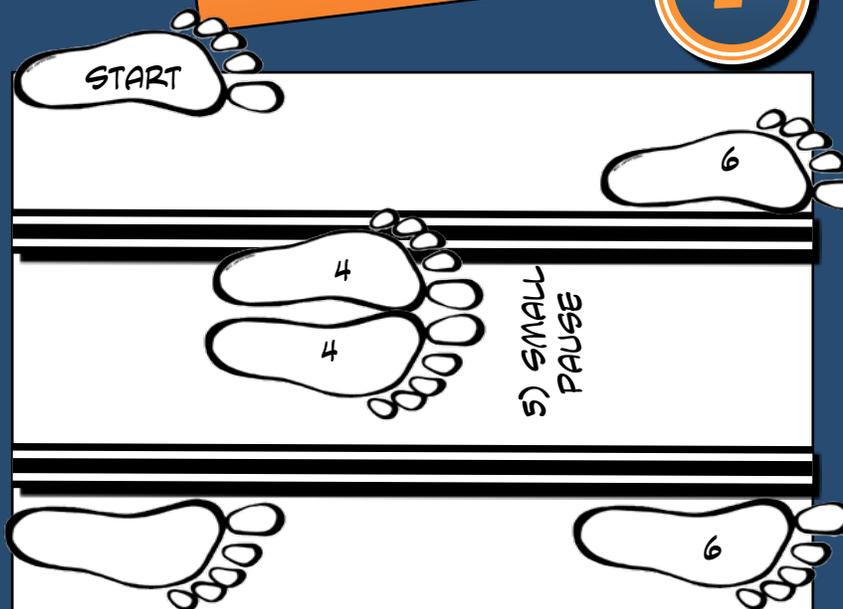
1

- POLES START ON THE LEFT SIDE:
- 1) JUMP WITH BOTH FEET INSIDE THE POLES
 - 2) PAUSE (NO MOVEMENT)
 - 3) BOTH FEET JUMP OUT AND STRADDLE THE OUTSIDE OF THE POLES



2

- 4) JUMP INSIDE OF THE POLES WITH BOTH FEET
- 5) PAUSE (NO MOVEMENT)
- 6) BOTH FEET JUMP OUT AND STRADDLE THE OUTSIDE OF THE POLES



3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

EXIT

VIDEO DEMONSTRATION



PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL

- 1) PERFORM **FOUR** CONSECUTIVE HOP SKOTCH STEPS WITH YOUR PARTNER WITHOUT MAKING A MISTAKE
- 2) PERFORM THE FOLLOWING SEQUENCE: BASIC-IN IN OUT-180 TURN-HALF BASIC-ANGLE STEP-ANGLE STEP-FULL UPROCK-FULL UPROCK-TIC TOCK-TIC TOCK-HOP SKOTCH-HOP SKOTCH (NOTE: START THIS SEQUENCE ON OPPOSITE SIDES OF THE POLES)

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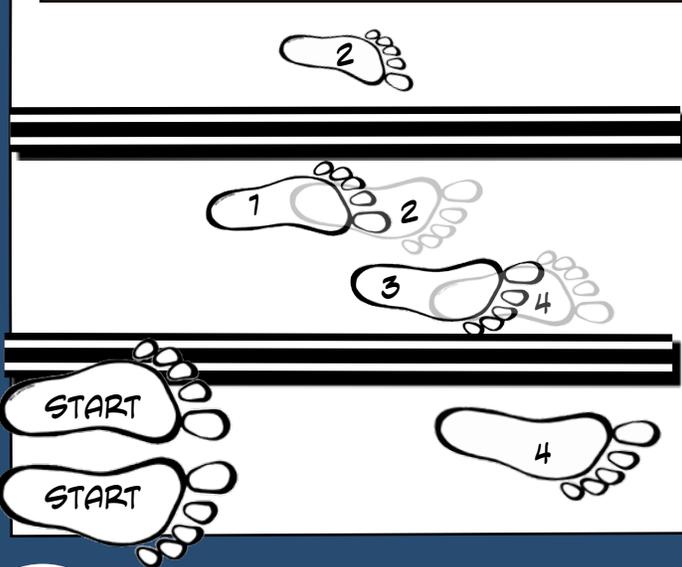
HOW TO GUIDE:

SPONGE BOB

1

POLES START ON THE LEFT SIDE:

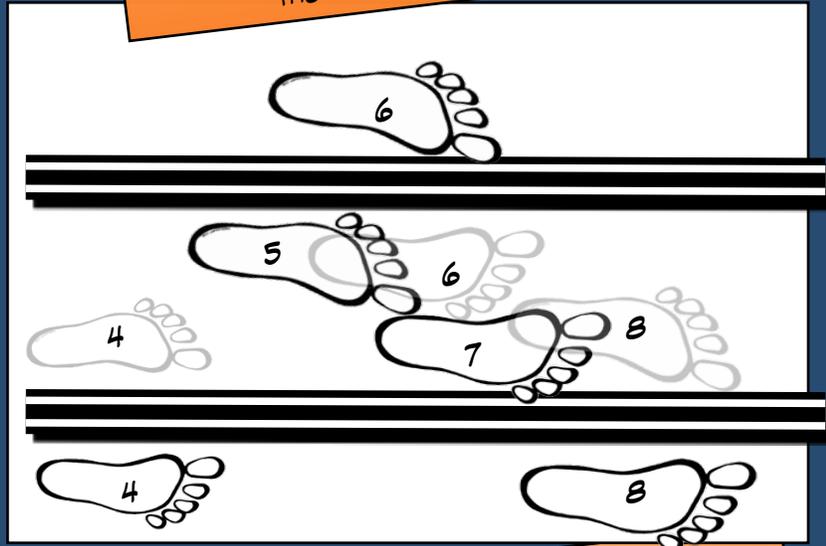
- 1) LEFT FOOT STEPS INSIDE THE POLES
- 2) LEFT FOOT KICKS OUTSIDE OF THE POLES AND THE RIGHT FOOT STAYS IN THE AIR
- 3) RIGHT FOOT STEPS INSIDE THE POLES
- 4) RIGHT FOOT KICKS OUTSIDE THE POLES AND THE LEFT FOOT STAYS IN THE AIR



2

POLES ON YOUR LEFT:

- 5) LEFT FOOT STEPS INSIDE THE POLES
- 6) LEFT FOOT KICKS OUTSIDE OF THE POLES AND THE RIGHT FOOT STAYS IN THE AIR
- 7) RIGHT FOOT STEPS INSIDE OF THE POLES
- 8) RIGHT FOOT KICKS OUTSIDE OF THE POLES AND THE LEFT FOOT STAYS IN THE AIR



3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

VIDEO DEMONSTRATION



EXIT

PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL

- 1) PERFORM **FOUR** CONSECUTIVE SPONGE BOB STEPS IN A ROW WITH YOUR PARTNER AND WITHOUT MAKING A MISTAKE.
- 2) PERFORM THE FOLLOWING SEQUENCE: BASIC-IN IN OUT-180 TURN-HALF BASIC-ANGLE STEP-ANGLE STEP-FULL UPROCK-FULL UPROCK-TIC TOCK-TIC TOCK-HOP SCOTCH-HOP SCOTCH-SPONGE BOB-SPONGE BOB (NOTE: START THIS SEQUENCE ON OPPOSITE SIDES OF THE POLES)

@PHYSEDAPPS

HOW TO GUIDE:

MAKE YOUR OWN STEP

1

WORK WITH YOUR PARTNER
DEVELOP YOUR OWN TINKLING DANCE STEP

2

WRITE DOWN THE STEP PATTERN FOR YOUR TEACHER ON
A BLANK PIECE OF PAPER.

3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

VIDEO DEMONSTRATION

VIDEO RECORD YOUR CREATION FOR YOUR
TEACHER

EXIT

PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL

- 1) PERFORM **FOUR** CONSECUTIVE MOVES THAT YOU'VE CREATED
- 2) PERFORM THE FOLLOWING SEQUENCE: BASIC-IN IN OUT-180 TURN-HALF BASIC-ANGLE STEP-ANGLE STEP-FULL UPROCK-FULL UPROCK-TIC TOCK-TIC TOCK-HOP SCOTCH-HOP SCOTCH-SPONGE BOB-SPONGE BOB-YOUR MOVE-YOUR MOVE (NOTE: START THIS SEQUENCE ON OPPOSITE SIDES OF THE POLES)

@PHYSEDAPPS

HOW TO GUIDE:

CREATE YOUR OWN 2 PERSON DANCE

1

WORK WITH YOUR PARTNER
DEVELOP YOUR OWN 10 STEP (PART) TINKLING
DANCE

2

WRITE DOWN THE 10 STEPS FOR YOUR TEACHER ON A
BLANK PIECE OF PAPER.

3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

EXIT

PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL

- 1) PERFORM YOUR 10 STEP DANCE

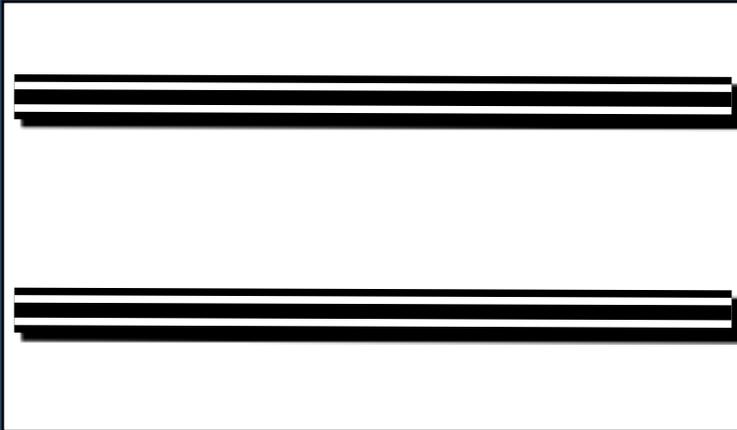
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HOW TO GUIDE:

CREATE YOUR OWN 4 PERSON DANCE

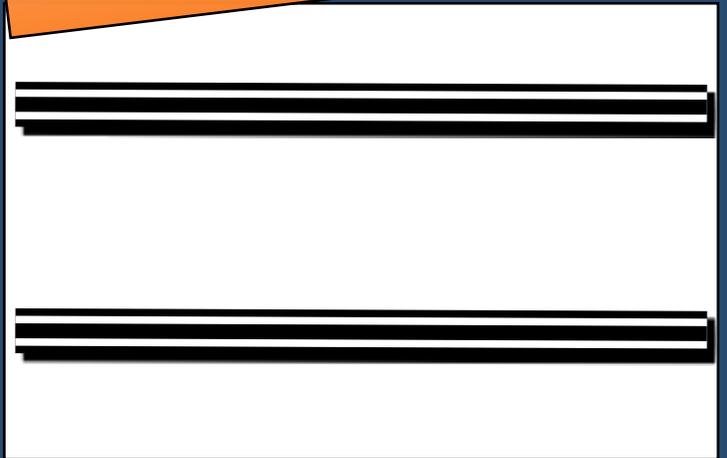
1

WORK WITH A GROUP OF FOUR (ALL MEMBERS SHOULD BE ON THE SAME LEVEL-NO SKIPPING STEPS) THE TEAM SHOULD DEVELOP A 10 STEP ROUTINE FOR ALL FOUR PEOPLE (GET CREATIVE IN HOW YOU WORK TOGETHER)



2

WRITE DOWN THE 10 STEPS FOR YOUR TEACHER ON A BLANK PIECE OF PAPER.



3

STUDENT PROGRESSION

- 1) PERFORM STEP WITH THE POLES STATIONARY
- 2) PERFORM STEP WITH THE POLE MOVING
- 3) PERFORM AT THE SAME TIME AS YOUR PARTNER
- 4) DEVELOP EXIT ACTIVITY

EXIT

PARTNERS MUST PERFORM THE FOLLOWING SKILLS BEFORE MOVING ONTO THE NEXT SKILL

- 1) PERFORM YOUR 10 STEP FOUR PERSON DANCE

@PHYSEDAPPS

TINKLING ASSESSMENT CHOICE #1

PARTNER A STARTS
HERE

PARTNER B STARTS
HERE

PARTNER A STEPS

- 1) BASIC
- 2) BASIC
- 3) 180 DEGREE TURN
- 4) 180 DEGREE TURN
- 5) BASIC
- 6) HALF BASIC
- 7) HALF BASIC
- 8) BASIC
- 9) IN IN OUT
- 10) IN IN OUT

PARTNER B STEPS

- 1) BASIC
- 2) BASIC
- 3) 180 DEGREE TURN
- 4) 180 DEGREE TURN
- 5) BASIC
- 6) HALF BASIC
- 7) HALF BASIC
- 8) BASIC
- 9) IN IN OUT
- 10) IN IN OUT

TINKLING ASSESSMENT CHOICE #2

PARTNER A STARTS
HERE



PARTNER B STARTS
HERE

PARTNER A STEPS

- 1) BASIC STEP
- 2) ANGLE STEP
- 3) ANGLE STEP
- 4) HALF BASIC
- 5) 180 DEGREE TURN
- 6) 180 DEGREE TURN
- 7) HALF BASIC
- 8) BASIC
- 9) IN IN OUT
- 10) IN IN OUT

PARTNER B STEPS

- 1) BASIC STEP
- 2) ANGLE STEP
- 3) ANGLE STEP
- 4) HALF BASIC
- 5) 180 DEGREE TURN
- 6) 180 DEGREE TURN
- 7) HALF BASIC
- 8) BASIC
- 9) IN IN OUT
- 10) IN IN OUT

TINKLING ASSESSMENT CHOICE #3

PARTNER A STARTS
HERE

PARTNER B STARTS
HERE

PARTNER A STEPS

- 1) IN-IN-OUT
- 2) IN-IN-OUT
- 3) BASIC
- 4) 180 DEGREE TURN
- 5) HALF BASIC
- 6) ANGLE STEP
- 7) ANGLE STEP
- 8) BASIC *
- 9) FULL UPROCK
- 10) FULL UPROCK

PARTNER B STEPS

- 1) IN-IN-OUT
- 2) IN-IN-OUT
- 3) BASIC
- 4) 180 DEGREE TURN
- 5) BASIC *
- 6) ANGLE STEP
- 7) ANGLE STEP
- 8) BASIC
- 9) FULL UPROCK
- 10) FULL UPROCK

* DIFFERENT STEP THAN PARTNER

TINKLING ASSESSMENT CHOICE #4

PARTNER A STARTS
HERE



PARTNER B STARTS
HERE

PARTNER A STEPS

- 1) BASIC
- 2) FULL UPROCK
- 3) FULL UPROCK
- 4) HALF BASIC
- 5) ANGLE STEP
- 6) ANGLE STEP
- 7) 180 DEGREE TURN
- 8) STUDENT CHOICE
- 9) STUDENT CHOICE
- 10) BASIC

PARTNER B STEPS

- 1) BASIC
- 2) FULL UPROCK
- 3) FULL UPROCK
- 4) HALF BASIC
- 5) ANGLE STEP
- 6) ANGLE STEP
- 7) 180 DEGREE TURN
- 8) STUDENT CHOICE
- 9) STUDENT CHOICE
- 10) BASIC

STUDENT CHOICE OPTION

- * TIC TOCK
- * SPONGE BOB
- * HOP SKOTCH

NAME _____
CLASS _____
START DATE _____

THINKING BADGES



BASIC STEP



IN IN OUT



180 DEGREE
TURN



HALF BASIC



ANGLE STEP



FULL UPROCK



TIC TOC



HOP SKOTCH



SPONGE BOB



CREATE YOUR
OWN STEP



CREATE YOUR
OWN DANCE



CREATE A
FOUR PERSON
DANCE

ADDITIONAL TINKLING BADGES

1

2

3

4

5

6

7

8

9

10

11

12