

Tik Tok - Time to Rock



A sedentary lifestyle is the leading cause of death in the western world and according to the OECD, Korean students spend 8 hours a day studying (in addition to the time they spend sitting in a classroom). South Korea also has the highest youth suicide in the world and the fact that they spend only 13 minutes a day on exercise and sleep for one hour less every night than other children internationally, places them at higher risk. Girls are especially at risk as 1 in 5 women in Seoul has had plastic surgery and perspiration or muscle is seen as ugly.

The aim of the project is to find practical ways to balance academics with physical health while investigating and addressing any gender imbalances in our sport program that prevent children from exercising as they are very body conscious. (Good health and well being and gender equality).



The first thing that we needed to do was research and we quickly discovered that we had misjudged the gender issue. During a survey, 60% of respondents saw no gender issues but an interview with the PE staff highlighted that boys were the highest risk group for being sedentary in our school. Therefore, our project the “TikTok challenge” was made for the whole of KS3 to work together and have fun without focusing on just girls. This idea was pitched to students in assembly. Again, our surveys showed that students valued that both genders were targeted and

60% wanted to have more class time to dance during school hours.

Joining GSL and working with strong independent women motivated us to be the best selves we can be so we were excited when students started to let loose and move a bit through the Tik Tok challenge. In the following picture(s), you’ll see a group of caring girls looking out for their classmate who didn’t feel at all in his comfort zone by teaching him some dance moves and supporting him throughout.



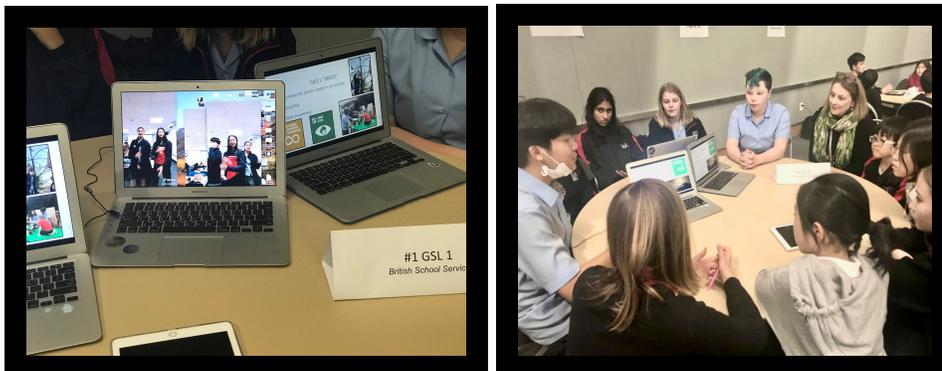
We learned how to interact with new and different people, how to make an important lesson fun to learn and most of all how strong teamwork is. In our group we depend on each other. If someones having a rough time we help them through it. It was challenging at first. Making sure

we got to all of our meetings and making sure the schedule worked for everyone, but just like the team on the field we pushed through it. This was especially challenging under school shutdown but we were able to do fun online challenges on flipgrid to keep our friends moving and one teacher deadlifted 150kg while our headboy walked his dog.

More importantly, we learned to adapt. Some of the feedback we received about our fitness events was brutally honest but we used the criticism to make positive changes. It was also difficult to adjust our ideas to reflect the data as we initially were focused on girls and needed to adjust this to target boys instead. It was ironic that by challenging gender stereotypes, we were actually the ones stereotyping. This taught us how important research is before implementing a project.

Another challenge was safety as we did not want to expose students to online risk and we had to carefully select and screen all music and content under close adult supervision.

I think one of the skills we all gained throughout this experience and are continuing to gain is the ability to communicate not only between ourselves, but with the public. Doing so is extremely important in order for anything to be effective. We attended a 5th grade PYP exhibition where we were asked to speak in front of 90 kids and educate them about GSL and our project and goals.



We told them about our challenges and goals and even some things about other groups around us. We tried our best to inspire them to step up and join GSL as well. But before doing all this, we had to overcome an obstacle we'd been dreading ever since we heard about it: stage fright that came with speaking in front of people (even if they were just 5th graders with cameras).

We struggled a bit at first but by the end of the exhibition, we'd gotten rid of all our nerves and we weren't as stressed. Just like the reluctant boys who needed support to join in the tik tok dance, we gained another skill that we're all extremely proud of. Courage. Courage to actually speak in front of people without messing up. It probably doesn't sound that hard, but for some of us introverts, it sounds like a living nightmare. **A living nightmare we overcame.**

As naturally sporty people, we just didn't understand how much courage it takes others to participate in sports and now we can stand in their shoes when we design projects for next year. We needed to feel fear in order to understand it fully. Empathy is the key to our future success.