

## 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

