

# Mirror Movement

STAY  
ACTIVE

To develop coordination, observation skills, and flexibility by mirroring a leader's movements in a fun and creative way.



## Learning Intentions

**I can improve my coordination and flexibility by mirroring another person's movements:**

..... This helps students develop physical awareness and control by practising fluidity and precision in their movements.

**I can enhance my observation skills by carefully watching and copying the leader's movements:**

This encourages students to pay attention to details and focus on mimicking movements with accuracy.

**I can foster creativity and self-expression through dynamic movement:**

This gives students the opportunity to express themselves creatively while following another person's lead.



## Success Criteria

**Mirroring the Leader's Movements Accurately and Maintaining Balance:**

Students can mirror the leader's movements accurately and maintain balance, ensuring they are focused and engaged in the activity, practising body control and coordination.

**Following the Leader's Movements with Flexibility and Fluidity:**

Students can follow the leader's movements with flexibility and fluidity, encouraging them to improve their range of motion and flexibility while staying coordinated.

**Leading the Group with My Own Movements and Guiding My Peers:**

Students can lead the group with their own movements and guide their peers to follow, promoting leadership and helping build confidence in guiding others through movements.



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**Objective:** To develop coordination, observation skills, and flexibility by mirroring a leader's movements in a fun and creative way.

**Players:** Ideal for pairs or small groups (2-26 students).

**Materials:** None required (just enough space for students to move freely).

**Time Required:** 10-15 minutes.

**Setup:** Ensure students have enough space to perform the movements without obstacles. The game can be played indoors or outdoors, depending on available space.

## Gameplay:

1. **Introduce the Game:** Explain to the students that one person will be the "leader," and their job is to perform various movements while the other students will mirror those movements, just like a reflection in a mirror.
2. **Assign the Leader:** Choose one student to be the leader. The leader starts by performing simple movements that others will try to copy. Some examples include:
  - Stretching arms high above the head.
  - Jumping up and down.
  - Waving arms in circles.
  - Bending down to touch toes.
  - Walking in place or walking slowly around the area.
3. **Mirror the Movements:**
  - The students who are not the leader must watch closely and mirror the leader's movements as accurately as possible. They should try to match the speed, direction, and timing of the leader's actions.
  - Encourage students to focus on flexibility and fluidity in their movements to make the mirroring more effective.
4. **Change the Leader:** After a set time, switch the leader so that everyone has a chance to lead the movements. The new leader can introduce different or more complex movements, which the others will then mirror.

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**5. Reflection Time:** After the game, ask the students questions to reflect on their experience:

- "What was the hardest movement to mirror?"
- "How did it feel to lead the group?"
- "What helped you stay in sync with the leader's movements?"

**Winning the Game:** There is no winner in this activity. The goal is to improve coordination, flexibility, and focus while having fun with the movements. Success is measured by how well students mirror the movements and how creative they are with their own movements when it's their turn to lead.

**Family or Classroom Variation:** In a family or classroom setting, you can vary the movements to reflect themes like animals (e.g., mimic the movements of a frog, a bird, or a snake) or objects (e.g., pretend to be a tree or a car). This adds creativity and can engage younger students in a more playful way.

**Additional Notes:** "Mirror Movement" is a simple yet effective game that improves body coordination, observation, and flexibility in a fun, low-pressure environment. It also promotes teamwork, focus, and active participation. This game is versatile and can be adapted for various age groups or fitness levels, making it a great activity for physical education, brain breaks, or as a warm-up.