

6. Mirror Reactions

Description

Arrange pupils in pairs. Invite each pair to stand a few metres apart facing each other. Place a line of coloured spots, cones or beanbags between each pair of pupils. Teacher calls out a colour and pupils must react by running to tap the cone with their foot and then running back to their starting point. Invite pupils to work in threes where one person calls out the commands and then switch rolls.



Equipment

- Spot Markers
- Cones
- Beanbags

Variations

- Introduce a series of instructions like touch blue, yellow and red.
- Use different body parts like elbow yellow, knee red, foot green.