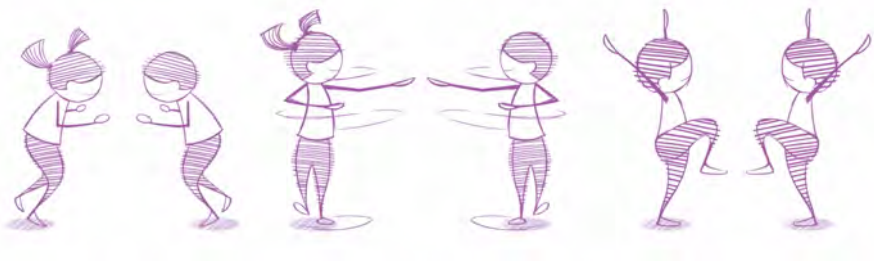




Description of Activity

Arrange pupils in pairs. In each pair, one will be the mirror and the other will be the reflection. Invite partners to face each other. The mirror begins to move and the reflection must copy their movements as best they can.

Movements may include: jump (star, tuck), T-balance, spin, skip, walk or run on the spot, rotate, push up, plank, balancing on one, two or three body parts, etc.



Variations

- Play a similar version of this activity called 'Simon Says' where all pupils attempt to mirror one individual.
- Encourage pupils to memorise a thirty second routine.
- Encourage pupils to try challenging, different and even silly movements.

Equipment

An open playing area



- Ensure all pupils are aware of each other and are cautious of the movement of other pairs.
- Regularly pause the activity to discuss the teaching points of balancing. While the teaching points for balancing are based on the basic static balance, many of these teaching points still apply to more advanced balances, both static and dynamic.



- Practise some new balances for next week in front of the mirror at home.



i mbeirteanna • máistir scáthánach • íomhá scáthánach • ag gluaiseacht • aithris a dhéanamh ar